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THE MAGAZINE OF WESTERN L

Sunset

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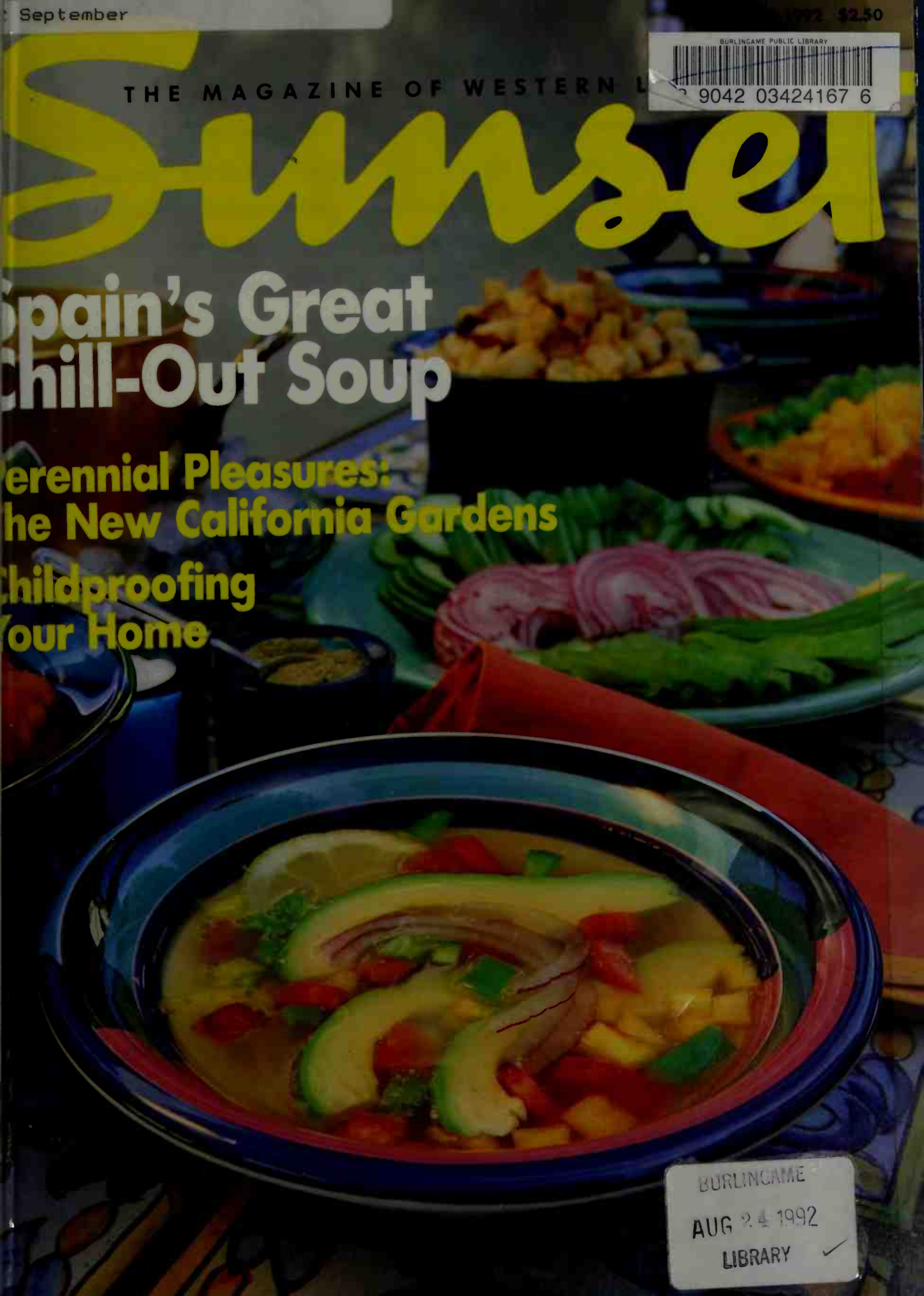


BURLINGAME
AUG 24 1992
LIBRARY

The Nissan Quest is one of the few minivans to meet 1993 Federal passenger-car safety standards."

2 *Pillar/roof reinforcements help increase body rigidity.*

3 *Looking back on it, we decided to include a rear window washer/wiper.*

4 *Did we mention that the Nissan Quest comes with three body guards? Steel side door guard beams provide added protection in case of a side impact.*

5 *Several ingenious crumple zones have been designed into the Nissan Quest to help absorb crash energy.*

1 *It comes with front and rear energy-absorbing 5 mph bumpers.*

Introducing the Nissan Quest

21 *High-strength steel body panels add crash energy absorption capability.*

19 *We even included a cargo net to help prevent large items from falling out when the tailgate is open.*

17 *3-point seat belts may be conveniently found in outside positions in second and third row seats.*

16 *We've placed the gas tank in front of the rear axle to help protect it from damage in a rear-end collision.*

20 *Sophisticated power assisted brakes provide quick, sure stopping action.*

18 *A center high-mount rear stop lamp enhances brake light visibility.*

*Nissan Motor Corporation in U.S.A. Smart people always read the fine print. And they always wear their seat belts. *Base model comparison. **GXE model.*

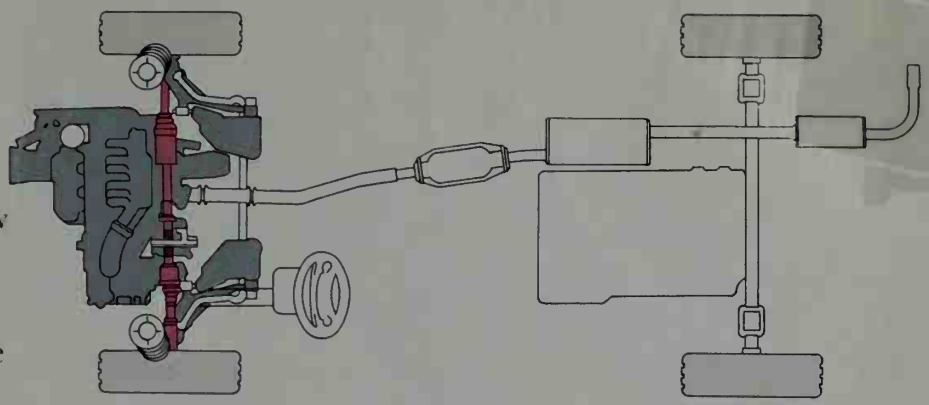
NISSAN

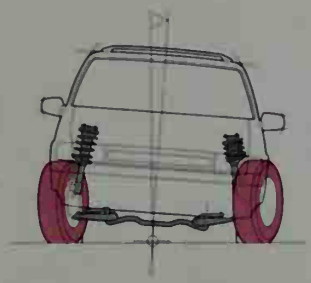
You are part of a generation that has been raised and fed on 0-60 times, horsepower and skid pad

results. And yet for some inexplicable reason, the moment you have kids, car companies expect you to settle for some oversized, ungainly minivan that's about as much fun to drive as a bus.

Well, at Nissan, we believe that parents have enough sacrifices to make. The pleasure of driving shouldn't be one of them. Which is why we designed the new *Nissan® Quest™* to be as much fun to drive as the sedan you now own.

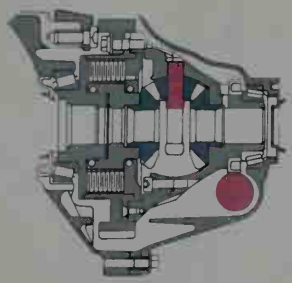
Slip behind the wheel of the *Nissan Quest* and you immediately notice an absence of the swaying motion minivans are known for. A front stabilizer bar keeps it level during cornering or lane changes. And an independent front suspension allows each front wheel to react independently to the road surface for exceptional traction.

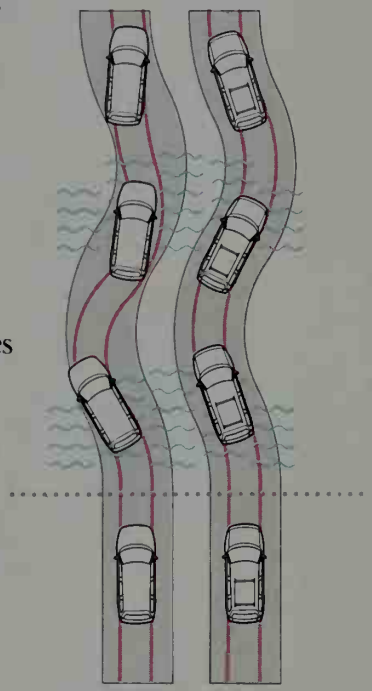




This uncanny feeling that you're driving a sedan is further enhanced by sophisticated front-wheel drive, and rack-and-pinion steering that offers you a quicker, more precise steering response.

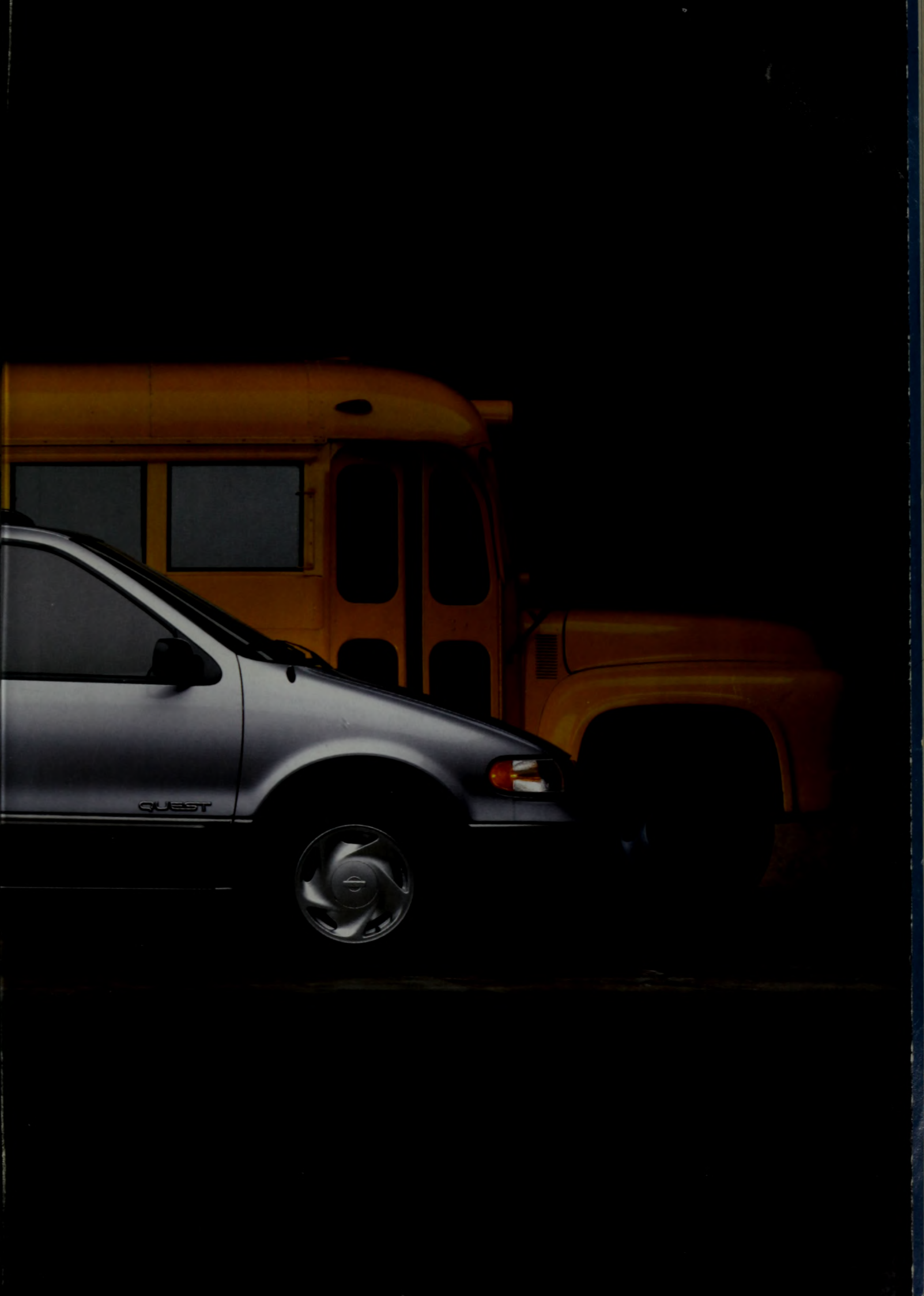
If you think the *Nissan Quest* has an appetite for curves, however, you'll find it's positively famished when it comes to hills. A 3.0 liter V6 overhead cam engine delivers an impressive 151 hp and 174 ft./lbs. of torque.





No other minivan has more standard horsepower or torque.* Period. And it's the only import brand minivan to combine both V6 power and front-wheel drive.

Just because you have kids
doesn't mean you have to drive a bus.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The New Nissan Quest

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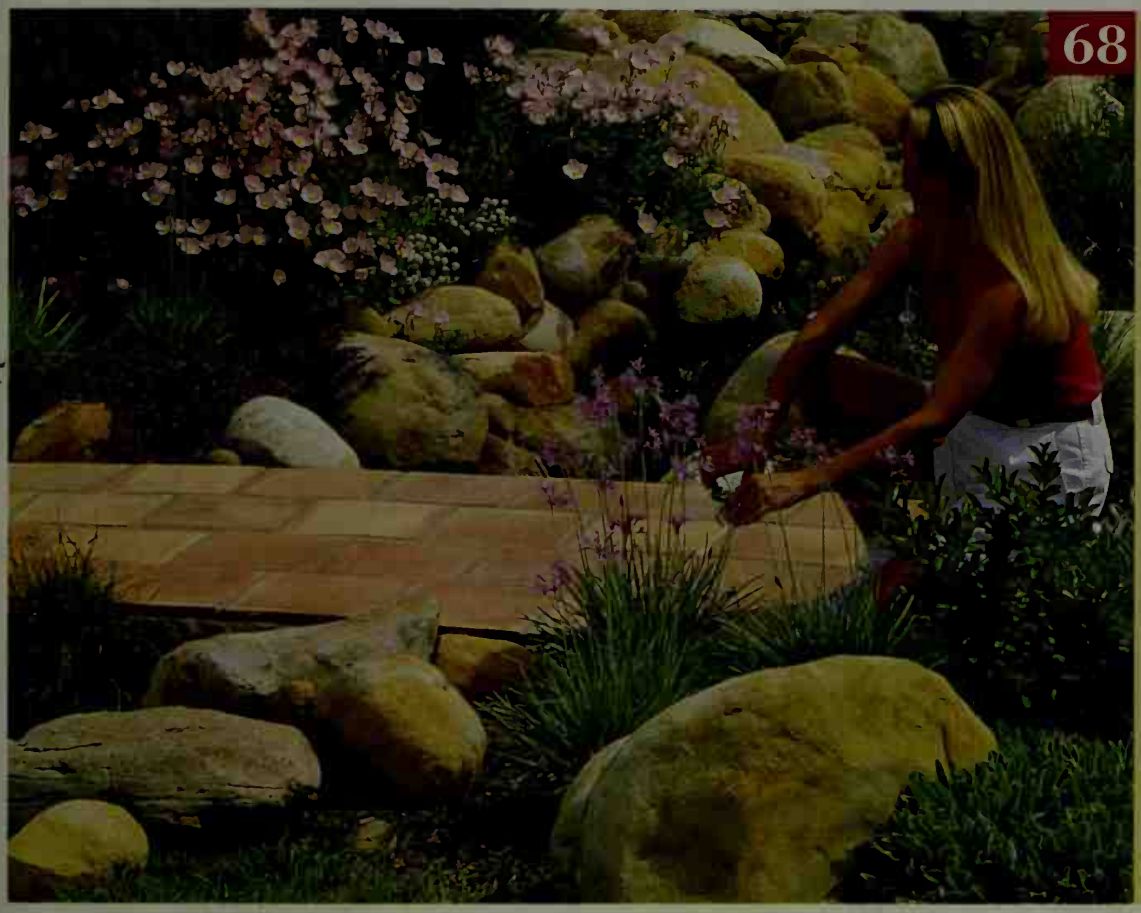
Central West Edition

THE MAGAZINE OF WESTERN LIVING

Sunset

SEPTEMBER 1992 FEATURE ARTICLES



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The new California gardens

Easygoing, water-thrifty perennials are the delight of these garden designers—and the key to a relaxed look in landscaping that's right at home in the West.

18 Exploring a bit of old Nevada
Spend a weekend discovering the rich history and quiet country inns of Carson City.

74 Rodeo—the West's own sport
This pictorial tribute portrays the life—its gambles, its glories—of the cowboy athlete.

80 Safety versus history
How can we save the West's architectural heritage when it's threatened by earthquakes?

85 Special section: College football in the West
Our guide to the game covers its traditions, tailgates, stadiums, and talent.

118 Hunting down home hazards
We turned to a professional for advice on how to childproof a house.

Cover: Make-Your-Own Gazpacho Extravaganza, photographed by Peter Christiansen.

Sunset
The Pacific Monthly

September 1992

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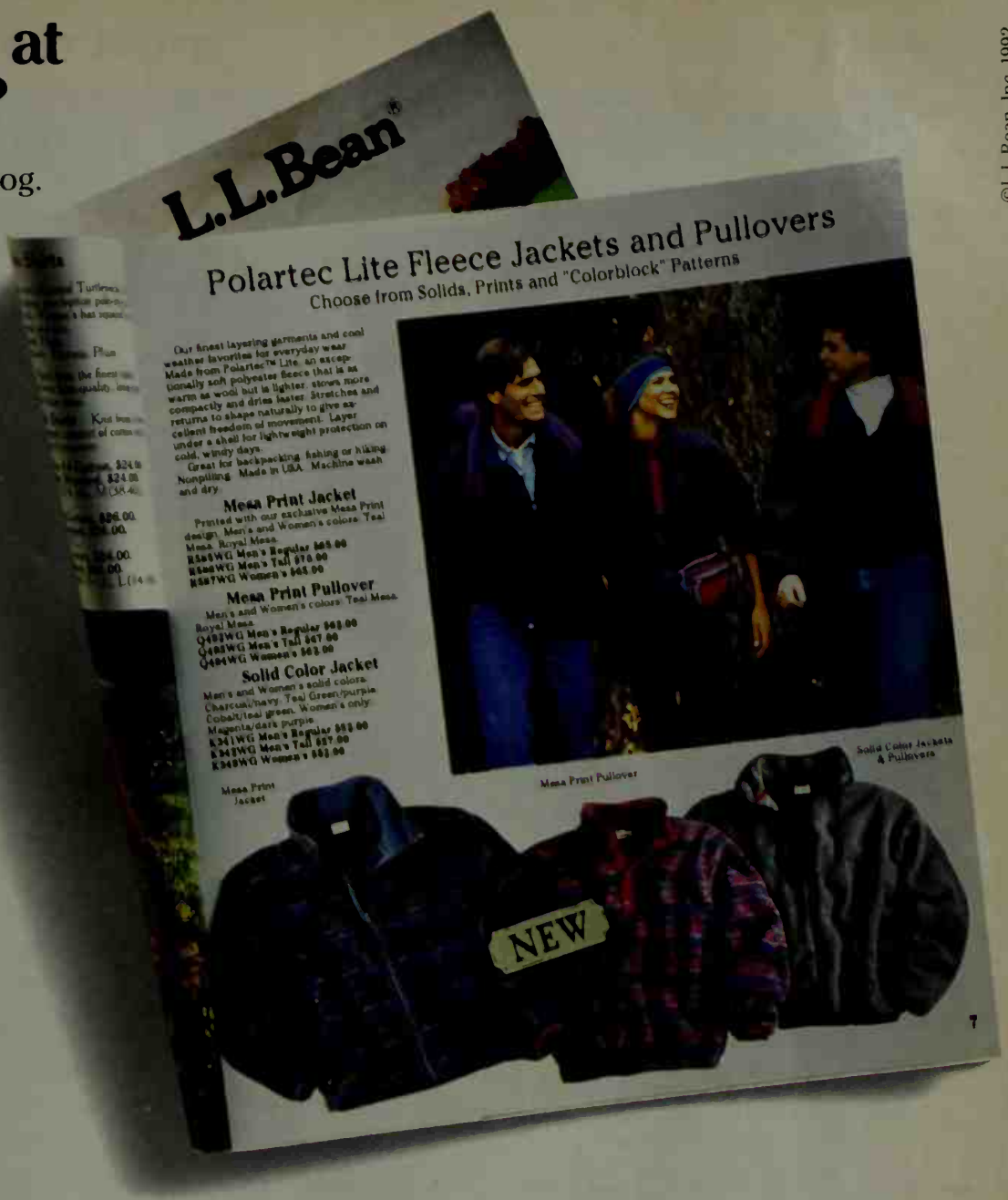

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FROM THE EDITOR

I see by your outfit that you're *not* a cowboy

ANDY FREEBURG

OUR RODEO TEAM: *Rosoff, who dresses the part, and Fish, who doesn't.*

WEARING THE WRONG SHOES (GOING SAILING?) and the wrong brand of jeans, senior writer Peter Fish insists his rodeo credentials go way back. His first job, at age 15, was selling tickets to the policemen's rodeo in his hometown of Ventura.

Meanwhile, Peter has acquired considerably more experience as a writer, producing *Sunset* articles on everything from dinosaurs to seismic safety. To cover the most Western of sports (page 74), he teamed up with photographer Sue Rosoff. She's spent almost as much time at rodeos—a decade of photographing and working on them—as Peter's spent at *Sunset.* She studied photography at UC Berkeley, then worked as an assistant to Ansel Adams. She began shooting rodeos as a graduate student, and has since traveled tens of thousands of miles on the circuit.

Peter says that going to a rodeo with Sue opened his eyes. "The animals are so big and fast—and a lot scarier at ground level. There's nothing else like it."

See for yourself: there's bound to be a rodeo, big or small, somewhere near you. Or come view Sue Rosoff's photography, on display this month and next at our Menlo Park headquarters.

Bill Marken Editor

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COLORADO

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Happy hummers *and* orioles

We enjoyed your article about hummingbirds (July, page 70) and their contributions to one's garden. We have a permanent crew of six, with more during migrations. Keeping them fed becomes even more challenging when you have orioles that spend part of the year in the area. The orioles love the same nectar we feed our hummers!

I have tried all the feeders you illustrated, plus oriole feeders with similar designs, but I have had a running battle with wasps. I just recently found a new waspless oriole feeder that really works. Now the orioles and hummingbirds easily share the same feeder, and I can act as on-call chef and bottle washer for them without fearing close encounters of the wasp kind.

Kathleen Lowe Owen
Los Altos Hills, California

■ *Kathleen Owen's new discovery is the Oriole feeder 252 made by Perky-Pet Products of Denver; (303) 751-9000. The feeder holds 36 ounces of liquid and costs $14.99. A clever perch-connected spring device gives bigger birds access and keeps out wasps.*

Another perspective on Malakoff Diggins

I was upset to discover in the July issue (page 12, Central West Edition) your reference to the "ecological damage caused by hydraulic mining" at Malakoff Diggins. I feel the editors of *Sunset* and the author of that phrase owe an apology to the two generations of American mining camp settlers who toiled at the Diggins.

In this age of writing in politically correct terminology, and of attempting to read history backward so that today's sensitivities are projected upon our forebears, we diminish the accomplishments of those who logged, mined, farmed, ranched, fished, hunted, and blazed trails before us. This is unfair to our pioneer predecessors.

Malakoff Diggins stands as a stark—and, yes, beautiful—testament to the rough men and women of indomitable spirit who inhabited the gold camps. I see it less as an ecological disaster than as a flawed but productive use of land during the early building and learning years of California's statehood.

John Ponce
Fortuna, California

Tasty time on a dinner train

Your timing for the article on dinner trains in the June issue (page 36B) couldn't have been better. I read the article about two weeks before my trip to Seattle and managed to get a reservation aboard the *Spirit of Washington Dinner Train.*

The food, the atmosphere, and the scenery were better than I had imagined. Whenever I travel, I always try to sample some of the "local flavor," and this train provided much of that, including some fine wines from Washington State.

Many of your travel articles go into my ever-growing vacation file, and I refer back to them whenever my plans take me out West.

Jon J. White
Indianapolis, Indiana

A little "Goofy" in Disneyland?

Last weekend we made our yearly visit to Disneyland with your June article on the park (page 14) in hand. Unfortunately, two of your suggestions weren't available as reported.

We definitely agree that the Blue Bayou Restaurant offers the best dining in the park, but contrary to your article, you cannot make advance reservations. Our second surprise came when we tried to view the nighttime festivities, Fantasmic! and the fireworks show, from the balcony of the Disney Gallery. This may indeed be the best spot for viewing, but unless you're a VIP, security officers won't let you near it at show time. Your two tips may work for special guests, but we felt they just teased us and left us a bit disappointed.

Leigh Abraham
Tracy Earlywine
Laguna Beach, California

■ *We rechecked with Disneyland. It's currently accepting reservations at the Blue Bayou and Tahitian Terrace restaurants as well as the Beauty and the Beast Show and the Golden Horseshoe Jamboree—on an experimental basis. Call Guest Relations at (714) 999-4565 for details. Because of the popularity of the Fantasmic! show, the park has had to limit access to the Disney Gallery. If crowds aren't to your taste, skip the show and meanwhile enjoy the shorter lines for attractions in the rest of the park.*

Roofing chart corrected

I just had a fibrous cement roof installed over skip sheathing, not the solid plywood decking you described in your June story on "Wild Fire" (page 62). Does this still give me a class A roof?

What about the seismic requirement?

Jean Hitchcock
Lafayette, California

■ *Your roof may well be class A (most resistant fire rating). Fibrous cement shakes can secure an A rating when installed over skip sheathing, depending on the grade of the material and the underlayment. Our chart on roofing choices (page 71 of the June issue) incorrectly stated that fibrous cement shake roofing was class A only if installed over plywood. In addition, the footnote to the chart incorrectly stated that solid ½-inch plywood decking is required to meet seismic codes throughout most of California. Plywood decking is not always required for seismic strengthening, though it's still recommended by many contractors, building and fire officials—and Sunset.*

Send letters to Open House, *Sunset Magazine*, 80 Willow Rd., Menlo Park, Calif. 94025; fax (415) 321-8193. Include a daytime telephone number.

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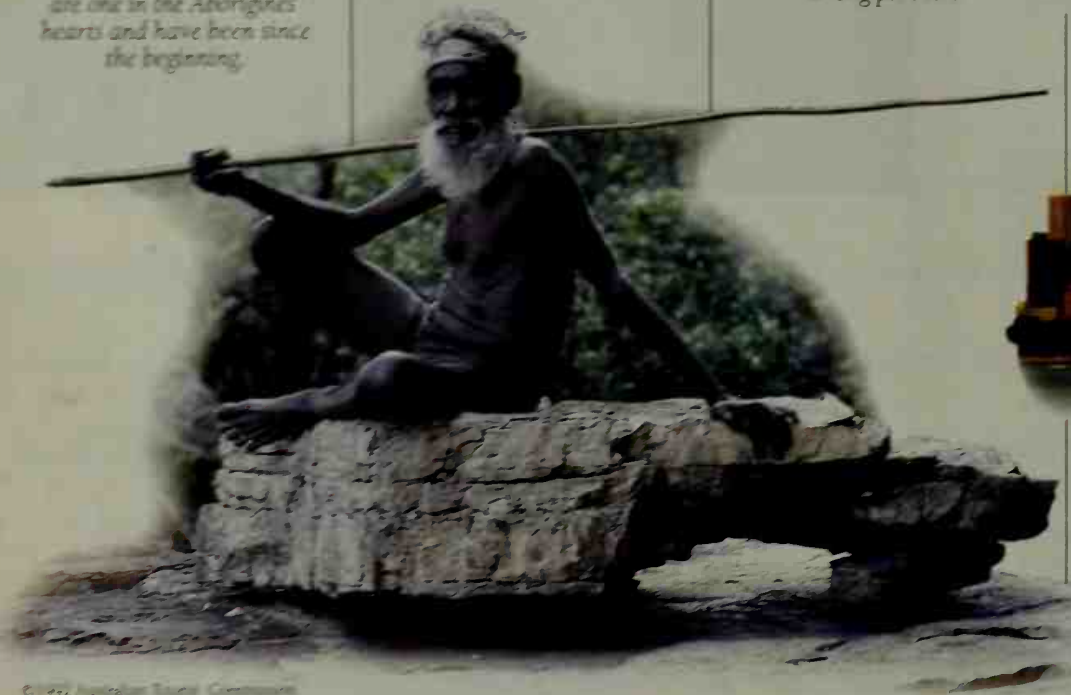
The Aborigines believe that this entire country was sung into existence by the Spirits.

Come, listen to the music.

Listen to the laughter of kookaburras in primeval forests. To the pulsing hum of Aboriginal music at ancient ceremonies which reenact the creation of the world. To tall tales in outback pubs. Listen to the muffled thunder of our surf. Listen, finally, to that music they say you can hear even when it's absolutely quiet.

At the Great Barrier Reef color is a language that keeps fish from wooing the wrong partners.

Rock, tree and man are one in the Aborigines' hearts and have been since the beginning.



In a sparkling harbor setting the Sydney Opera House spreads sails of its own.

© 1972 Australian Tourist Commission

Courtyard (The Grampians), Victoria

With so much to do here, it's sometimes nice to surrender to a wave of relaxation.

In the ruthless struggle for survival what country but ours could have evolved a creature as cuddly as a koala?

If this mile of beach doesn't strike your fancy there are thousands more to choose from.

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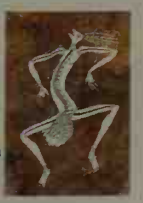

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A visit with the fossils of Aptos

■

Napa Valley's new Wine Discovery Center

■

THIS MONTH'S GETAWAY: Sonora's Wild West film fest

■

New bans affect camping in Yosemite Valley, Tenaya Lake

Sunset's TRAVEL GUIDE

The not-quite-fourteener hike up Byers Peak, Colorado

■

San Francisco Art Institute's annual show of local women's art

■

If you like hiking, maps, and getting found, try orienteering

SHMUEL THALER

A COUPLE OF MILLION YEARS SHORT *of being fossils themselves, two young archaeologists marvel at their finds on Seacliff Beach.*

SANTA CRUZ COUNTY

Fossil walks at Seacliff Beach

In England, poet William Blake could "see a world in a grain of sand." In California, beachgoers can see the Pliocene in a piece of cliff.

Most Sundays at noon, docents lead excursions into prehistory at Seacliff State Beach. You meet at the visitor center, then walk northwest along sandstone bluffs to discern, in the cliff's fragile strata, fossilized remains of marine creatures that lived up to 5 million years ago, when the sea spread to Bakersfield.

You won't be allowed to climb the crumbly banks, but small landslides send a steady supply of fossils down to the base of the cliff. Common finds are ancient clams and snails, but fossilized fish also turn up. Some of the creatures, such as the 2-million-year-old dog whelks, are extinct; other species, such as surf clams and macomas, horse mussels and geoducks, still live under the sea.

Your docent will train your eye, help you identify what you find, and supply a toothbrush for gentle cleaning. Fossilized shells shatter easily, and if you aren't cautious you can be left with nothing but soft gray powder in your hand. You can't take the fossils home, but you will have the skill to search for some on your own (there are fossils at New Brighton State Beach, and a whale resides in the cliffs near Capitola).

The walks are free, except for the beach's day-use fee of $6 per car. Call (408) 688-7146 for a schedule and to reserve a space. From State Highway 1 in Aptos, take the Seacliff Beach exit.—*Marcia Williamson*

NAPA VALLEY

Beginner-friendly wine education

If you're curious about wine but find the mystique surrounding its production

Sunset's
TRAVEL
GUIDE

PETER CHRISTIANSEN

EDUCATION GOES UNDERGROUND *at St. Supéry's exhibit of root structure on 75-year-old Zinfandel vine.*

daunting, a handsome new center at a Napa Valley winery is one place you can get up to speed. St. Supéry, on State Highway 29 in Rutherford, has a Wine Discovery Center that is unintimidating, noncommercial, and very comprehensive—taking the grape from trellis to table in a tour that lasts about 40 minutes.

An unobtrusive "Welcome" sign leads you to the center. Then a guide takes you to a demonstration vineyard, where you'll see various forms of trellising, learn how different varieties of vines are handled, and pick and sample some grapes (they should be ripe now).

Later, after a side trip through the Joseph Atkinson House, a historic Victorian farmhouse, you'll look over all the production facilities, from gleaming stainless steel hoppers in the crushing area to pleasingly damp-smelling French oak barrels in the keg room. Some of the interpretive devices are unusual: a wooden model of the valley makes you appreciate its microclimates; plexiglass sniffer tubes teach you to distinguish components of a wine's "nose," such as green olive, grapefruit, pepper, and black cherry. The tour ends with a tasting, with friendly but exact advice on how to evaluate each wine.

Tours are available every 15 minutes daily through October, after which they're given weekends only. Call (707) 963-4507 for more information.—*M. W.*

YOSEMITE

You can no longer smoke in the day

News from the park: officials have instituted a daytime ban on campfires within Yosemite Valley. Campers are allowed only one fire per day—in the evening. Eventually an air-quality study will determine whether to make the ban permanent. Park officials say many visitors have complained about smoke in the valley.

In the high country, another move will limit the impact of high visitor numbers: closing the popular—and heavily trampled—50-site Tenaya Lake Campground, near a sensitive wetland. The closure is considered permanent in order to let the area fully recover. To make up the difference, an equal number of sites will be added at other campgrounds along Tioga Road. For more details, call (209) 372-0200.—*Lora J. Finnegan*

THIS MONTH'S GETAWAY

Sonora puts its false fronts forward

September 25, 26, and 27, the homey town of Sonora, California, wakes up to twirl its six-guns for the Tuolumne County Wild West Film Fest. This annual event celebrates Tuolumne County's history of providing convincing film locations for literally hundreds of Hollywood and TV westerns. Among the often-used film locations close to Sonora are Columbia and Railtown state historic parks; a visit to either could round out a weekend at the festival.

If you want to stay overnight, try the Gunn House in Sonora or the Fallon Hotel or Columbia City Hotel in Columbia. For others, call the Tuolumne County Visitors Bureau at (800) 446-1333.

The weekend opens with a gala dinner on Friday night, and on Saturday night there's a rodeo and barn dance. But Courthouse Park is the event's daytime focal point.

You can wander the food stands, shop for crafts, sift through autographs and old publicity stills, and stop by a "forum" to hear invited movie directors tell old stories and otherwise chew the fat with whoever drops by. Or just sit on a hay bale and listen to country-western while you cool your pipes with a Bud or test chili-dog variants with names like Border Justice and Seminole Uprising. The big event Saturday afternoon is the brief motorcade of vintage autos that ferries the "celebrities" from one end of town to the other; last year we saw some local drivers inadvertently braid their way into this display, to affable cheering: "Nice Honda!" Obviously, this is a simple, noncommercial event.

What we liked best was the continuous free screening of cowboy movies in two old theaters that sit side by side on Washington Street near Jackson Street. We witnessed much cantering through canyons, with flashy Appaloosa fannies facing the camera. We held our breath as a young Jimmy Stewart, his Adam's apple a-wobble above a buckskin vest, tried to keep peace with Cochise, who had a gorgeous dimple in the center of his sternly idealistic chin. Over and over, hooves pounded up close, while thin columns of smoke rose above threatening horizons.

Later, driving homeward through rocky foothills and sloping pastureland, we realized that the West's heroic landscape is what gives enduring life to these movies, in spite of their corny plots and overblown machismo. And that seems reason enough to attend.—*M. W.*

NEAR WINTER PARK

An everyperson's hike to nearly 14,000 feet

When you live in Colorado, you're bound to hear stories about climbers' excursions up 14,000-foot peaks. I rarely feel brave enough to try a "fourteener," but I found the hike up 12,804-foot-high Byers Peak, a few miles from Fraser, northwest of Winter Park, to combine vigorous (but not impossibly strenuous) exercise with a spectacular reward at the top.

Getting to the peak and back (7 miles round trip) can be a 3-hour morning trek for a serious hiker, or an all-day family adventure. Be sure to start out early enough to get back below timberline before an afternoon thunderstorm hits the peak.

The clearly signed trail's

(Continued on page 16)

BRAZIL?

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Sunset's TRAVEL GUIDE

first 2 miles, through sheltered spruce forest, are fairly easy going. The steeper, exposed last mile goes slower; the trail has many short switchbacks and whipping wind (bring a warm jacket). This month, perhaps the prettiest time of year to be on the mountain, bowls on each side of you may still be filled with remnant snow.

You scramble around and over boulders and rock faces in the last few hundred feet. The top of Byers Peak is the highest point in the immediate area.

Byers Peak is part of Fraser Experimental Forest, whose primary use is research, so be sure to stay on the trail and pack out any food or trash.

From Denver, go west on Interstate 70 and take U.S. 40 to Fraser. Turn left on County Road 73, and left again after you cross the railroad tracks. After two blocks, the road turns right; follow it for about 4 miles. Shortly after Byers Creek Campground, the road makes a sharp right at the sign for Byers Peak Trail. From there, it's about 4 miles to the parking lot and trailhead.—*Susan L. Backus*

SAN FRANCISCO

Women artists at the Art Institute

Every autumn, the San Francisco Art Institute hosts one of the Bay Area's most venerable art events. When it was initiated in 1881, the annual exhibition was modeled after the salon shows of Paris and functioned like a big, in-group open house, with artists competing for exposure. As the institute matured, the annual did, too. It now presents art by Bay Area artists dealing with one broad topic. The results are never predictable.

The theme of this year's exhibit, titled "9," is women's concerns, and as usual both the quality and the nature of the hundreds of entries from which the jury chose its nine finalists surprised everyone. "We expected we'd see more diverse media and more anarchistic work," says local critic and jury chairman Hal Fischer. Instead, he explains, the artists put forward a surprising number of traditional, representational paintings. But this work, which is far from academic, reflects intensely personal concerns.

The show hangs August 27 through September 26 in the institute's Walter/McBean Gallery; it's open (free) 10 to 5 Tuesdays through Saturdays (until 8 Thursdays). Allow an unhurried couple of hours to explore the Mediterranean hilltop villa. Its rooftop cafe (with deck) is a great place to sip a quiet coffee, your senses stimulated by the bay view, the salt air, and the smell of oil paint.

The institute is at 800 Chestnut Street, near Jones. Call (415) 749-4564.—*M. W.*

SAN FRANCISCO ART INSTITUTE

PAINTER *Kathleen Jesse used a cropping frame to make a strong statement in her disturbing Portrait of Anne Boleyn.*

BAY AREA

Orienteering: being lost for fun

If you liked the abstract satisfactions of playing connect-the-dots when you were younger, you might enjoy stepping outdoors to carry out a cross-country, 3-D version of the game. We're referring to orienteering—a sport that began in Scandinavia, and in today's Sweden is second in popularity only to soccer. In the West, San Diego was first to pick up on this pastime, but now there's a strong Bay Area Orienteering Club, which stages events about twice a month and welcomes all comers.

The meets usually take place on Sunday mornings at a park or other public space. Equipped like your fellow orienteers with a map and a compass, you walk or run overland to touch base at a series of "controls" marked on your map. You can set out after the controls in any order; at each one you reach, you'll use a coded hole punch to mark a card supplied at the outset. Completing the course takes 1 to 3 hours and tests both speed and navigation skills.

An orienteering map goes well beyond a typical USGS topo sheet. The scale is smaller—1:10,000 or 1:15,000, with contour lines at 5-meter intervals—and vegetation, power lines, even tree stumps are shown. (A map of one East Bay park even indicates the existence of a discarded TV.) And you're always given a safety bearing to a road so you can't get truly lost.

Orienteering is something you can do competitively, or just for fun. "Our groups include men and women, young and old, ROTC cadets and babies in backpacks," says Bay Area orienteer Gary Kraght. A 20-minute clinic, sufficient to get beginners going, is offered, free, before every meet. Courses are set for six levels of experience—from complete neophyte (the beginners' course, which stays on trails, is designed for anyone over age 8) to expert. As levels advance, the terrain becomes more challenging and the navigation more complex.

To try the sport, bring the $5-per-party fee (mostly for mapmaking), a compass (or rent one for $1), liquids, and lunch (an informal picnic usually falls together after), and wear long pants and a long-sleeved shirt to protect against insects and brush.

This month's events:

September 13, UC Berkeley. Though an atypical location, the campus has lots of nooks and crannies to test navigational skills. Call Ian Tidswell at (510) 841-6202.

September 20, Goethe Park, Sacramento. Call Gary Kraght at (415) 383-4429.

September 26 and 27, Annadel State Park, Santa Rosa. Call George Minarik at (510) 525-1574.—*M. W.* ■

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Exploring a bit of old Nevada

SMALL INNS, HISTORIC SALOONS, ANTIQUES, MUSEUMS . . . IN AND AROUND CARSON CITY

Below the vertiginous escarpment of the eastern Sierra runs a string of narrow north-south valleys. Carson City, shaded by handsome old ornamental trees but ever aware of the mountains beyond, dominates the Eagle Valley. Just north lies the Washoe Valley, its sage-scented scrub still more rural than suburban in character. South, past wet-kneed cattle that wander slowly through an irrigated range, are the Carson Valley and tiny Genoa, Nevada's oldest town (founded by Mormons in 1851 to sell provisions to

COINS AND CUPOLAS

The Silver State's sandstone capitol feels more like a big porch-fronted residence than a civic building. Inside the Nevada State Museum, you can watch specialist Don Schmitz (left) use Carson mint's original coin press to strike commemorative medallions.

PETER CHRISTIANSEN

westbound pioneers). The valleys, less than an hour from South Lake Tahoe and 40 minutes from Reno, are a good weekend destination, with the museums and monuments of Carson City the major focus and the small inns of the history-rich areas north and south providing comfortable scale and country quiet.

Carson City's chamber of commerce lists motels and casino hotels; call (702) 882-1565. But you might prefer to see the city by day and spend nights on its outskirts. The chamber's list includes these four inns: In Washoe Valley, Deer Run Ranch is a B & B with a clean architectural and interior style one might call Great Basin contemporary; it also has views of the valley and the mountains, and a pottery gallery. In Genoa, The Wild Rose Inn and The Genoa House Inn provide their guests with passes to the pools of Walley's Hot Springs Resort, where you can migrate between 96° and 104° soaks. Walley's itself has a string of comfortable clapboard cottages, as well as tennis courts and a weight room.

CARSON CITY: THE CAPITAL

The town prospered and endured because of its importance to regional transportation (rather than because of any mineral struck at its heart), and logically its main street, Carson Street, is the major north-south highway, U.S. 395. This makes the commercial downtown somewhat disjointed and insensitive to pedestrians, though an incipient rehabilitation effort patterned after the National Trust's Main Street Program could help.

The city's main attractions are the capitol (its interior is welcoming and interesting) and the Nevada State Museum (it occupies the old Carson City mint and has a replica of a silver mine in its dimly lit basement). At the museum on the last Friday of each month, you can watch medallions being imprinted on the 123-year-old, 6-ton press; on other days, you can see (and buy) the medals in the gift shop.

For more history, drive south a mile to see the very fine collection at the Nevada State Railroad Museum, 2180 S. Carson Street.

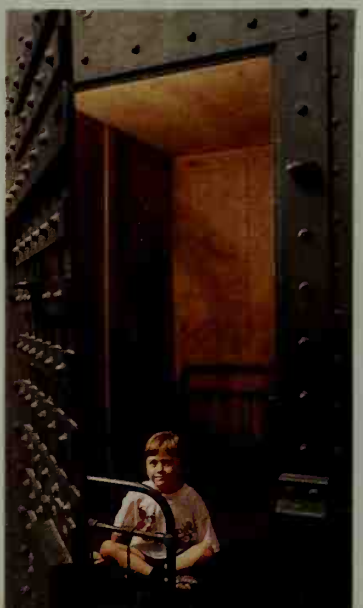
West of 395 and within walking distance of the capitol, you can explore the old residential district, a place of lasting integrity. If you're better acquainted with Nevada's casinos than its neighborhoods, you might expect a more hectic style of ornament than what you see here—though there's nothing skimpy about these substantial Victorians. Many have been gracefully restored for professional offices.

You'll also find, around Curry Street, an art-oriented pocket slowly growing. The Great Basin Art Gallery occupies a building that was a stage stop in the 1860s, and the brewery that once produced Tahoe Beer ("Famous as the Lake") is now an arts center with exhibitions, open-mike music, poetry sessions, and performances by two theater groups, Proscenium Players and Studio West. For de-

PETER CHRISTIANSEN

OLCOVICH-MEYERS HOUSE, *at 214 W. King Street, was built in 1874 by a mercantile family. It's along the Kit Carson Trail.*

GENOA BAR, *Nevada's oldest, is a fixture of Nevada's oldest town.*



THE BED'S HARD *in jail at Genoa's Courthouse Museum, which also has escape keys inmates fashioned from metal scraps.*

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tails on the center's current activities, call (702) 883-1976.

The city has just established the Kit Carson Trail for walkers, bikers, or drivers to tour Carson City. A blue road line signifies the trail, and a map of the route is available around town or at the state-run visitors bureau (1900 S. Carson Street) for $2.50. We recommend driving stretches involving highways and walking the business district and residential area, where highlighted structures range from the house where the inventor of the Ferris wheel was raised to a home solarium designed in the form of a railroad observation car.

Carson City doesn't really offer much in the way of culinary distinction. Adele's, at 1112 N. Carson, is probably the best bet for dinner downtown, and it will sell the antimacassars out from under your elbows, if you want them. If you want to hear sparkly piano renditions of tunes like "Moon River" while you attack the prime rib special, Woody's Supper Club, at Ormsby House, 600 S. Carson, might do. Also part of Ormsby House is the V & T Coffee Shop, which has models of the old Virginia & Truckee railroad—five different trains, including a wreck. Tommyknockers, at 306 N. Carson, offers homemade Cornish pasties. Nick's, across Carson, prepares Greek-style pizzas.

PETER CHRISTIANSEN

A WARM SOAK *in low light ends day of touring. Walley's has six hot mineral pools, as well as a freshwater one.*

GENOA: EVEN THE DUST IS HISTORIC

Drive 12 miles south along Jacks Valley Road, a former Pony Express route, and you encounter a different scene, where Nevada's oldest continuously operating saloon feels almost like a museum. The walls of Genoa Bar hoist into view objects no longer useful but not yet dispensable—harness fragments, broken snowshoes, advertisers' giveaways. In the midst of this, many old photos and documents are also to be found—uncurated, to be sure, but fascinating. Even the dust is considered historic (at least, much of it is preserved). Try a drink here before dinner at either The Pink House or Casentini's.

Not all of Genoa's history can be imbibed at a bar. Near the saloon, behind a stand of black locusts, is Mormon Station State Historic Park. It contains displays on the short-lived Mormon presence (Mormons were recalled in 1857 to defend Salt Lake City against the U.S. Army) and a replica of the Mormon settlers' first log structure (the original burned down, in 1910, in a fire set to smoke bedbugs from a mattress). For park information, call 782-2590. West of Mormon Station, backed against the Sierra, is the Courthouse Museum, a must-see for Genoa visitors.

WASHOE VALLEY: BOWERS MANSION'S LOST SPLENDOR

The most poignant spot here is the Bowers Mansion, 9 miles north of Carson City. (Tours are given weekends through October; call 849-0201.) The classical-style villa was built of local granite for Comstock miner-turned-millionaire L. S. "Sandy" Bowers in 1864. Four years later, Bowers died of silicosis, contracted in the very mines that had given him such glory. His only child, a daughter, died at the age of 12. His widow lived out her declining years in the Bay Area, a disconnected old woman who told fortunes to earn an unpredictable living. All three are buried on the hill behind the mansion. ■

By Marcia Williamson

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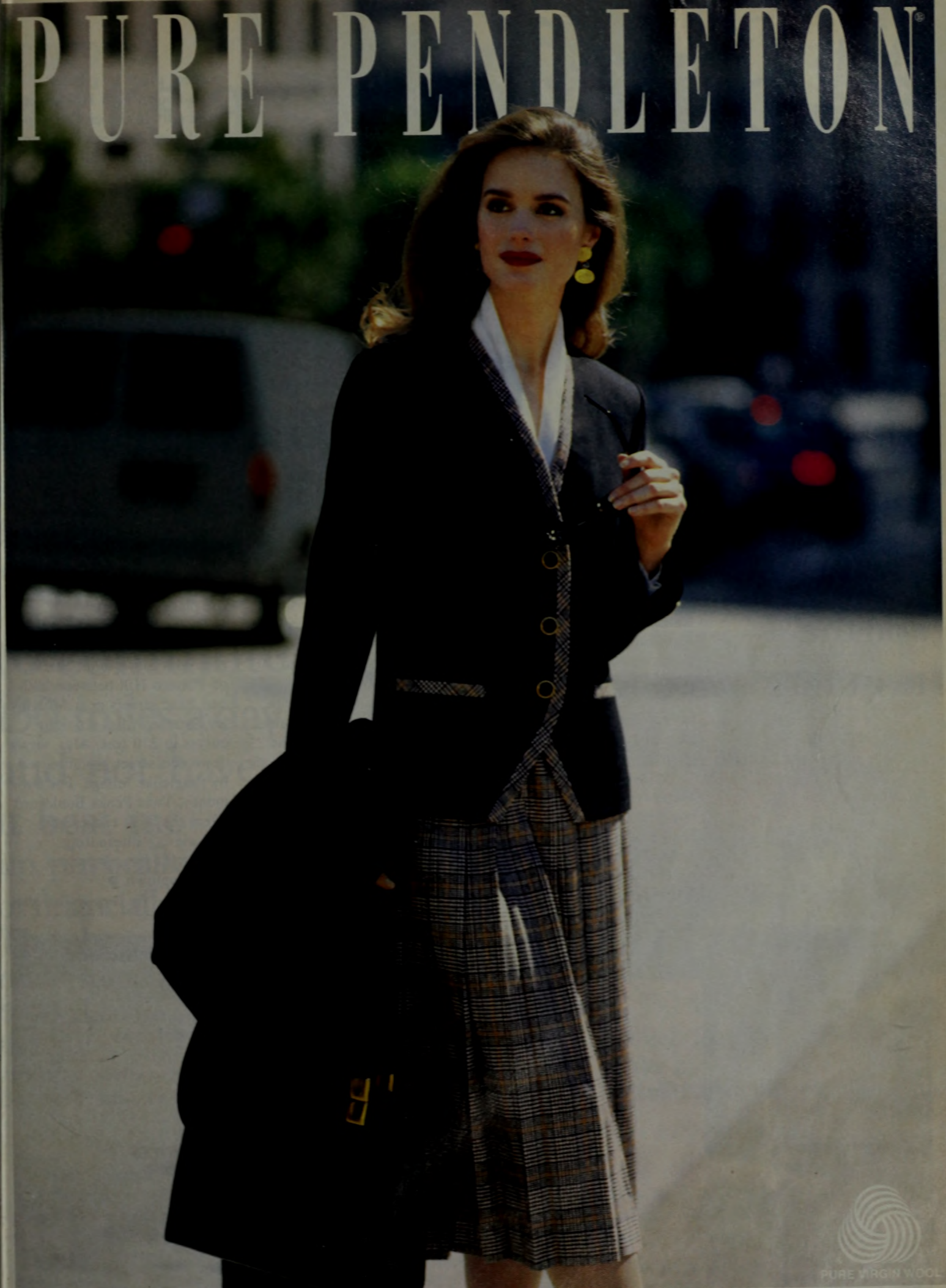

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NORMAN A. PLATE

WACKY TOURISTS POSE *by the city's most famous street. But is Lombard the crookedest?*

The steepest and the twistiest?

Here are San Francisco's top winners

LIKE MEDITERRANEAN hill towns, San Francisco has met the challenges of its topography with some quirky, precipitous, and utterly confounding streets. Some of the West's steepest and crookedest urban streets are here—residents point them out with a certain civic pride.

For help in picking out these streets, we asked someone who knows all the angles (and grades): Denise Brady, chief of the city's Bureau of Subdivisions, Surveys and Mapping. Her list of the steepest and the crookedest streets (some old tourist standbys, others likely to surprise all but veteran locals) can be the basis for an exhilarating day of driving and walking.

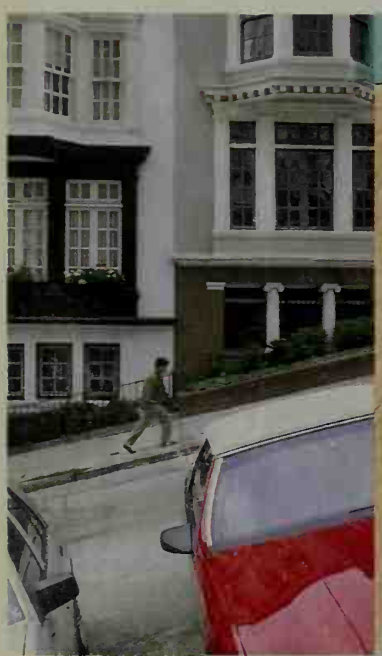
Steepest streets. They're angled so sharply you feel as if you're slipping down the side of a steep triangle. From the top, the road disappears and you see nothing beyond your car's front hood but air. While the streets listed below are the city's three steepest, there are many runners-up: 45 city blocks slope at a 15.6 percent grade or greater. Well-known Nob Hill streets rank only in the city's steepest dozen. Between California and Pine streets, Taylor Street slopes at 23.6 percent and Mason Street at 22.2 percent.

Crookedest streets. For twistiness, the snakelike section of Lombard Street is the most famous. At 15 feet wide it's too narrow and curvy for trucks and tour buses (one stretch limo recently got jammed between turns and had to be towed off).

Lombard is not the place to drive in midsummer, when cars line up for three blocks waiting to go down. Locals suggest coming after Labor Day, preferably on weekdays before 10 A.M. And right now, the hydrangeas should be in bloom (the Lombard Hill Improvement Association keeps the plants tended).

But is Lombard the crookedest? Not statistically. That title goes to Vermont Street, on Potrero Hill between 20th and 22nd streets near McKinley Square; it has six tight curves in 270 feet. Alas, views down this street are obscured by junglelike foliage. For our money, Twin Peaks Boulevard offers the most curves and best views—alternating among the bay, the ocean, and downtown. ■

By Lora J. Finnegan



VISITORS *think Nob Hill's Mason Street is steep, but it's only in the top 12.*

The stats of San Francisco

STEEPEST STREETS

1. Filbert Street (between Hyde and Leavenworth streets): ***31.5 percent grade***

2. 22nd Street (between Church and Vicksburg streets): ***31.5 percent grade***

3. Jones Street (between Union and Filbert streets): ***29 percent grade***

CROOKEDEST STREETS

4. Vermont Street (between 20th and 22nd streets): ***6 turns in 270 feet***

5. Lombard Street (between Hyde and Leavenworth streets): ***8 turns in 412 feet***

6. Twin Peaks Boulevard: ***6 about-faces and 11 curves in 1 mile***

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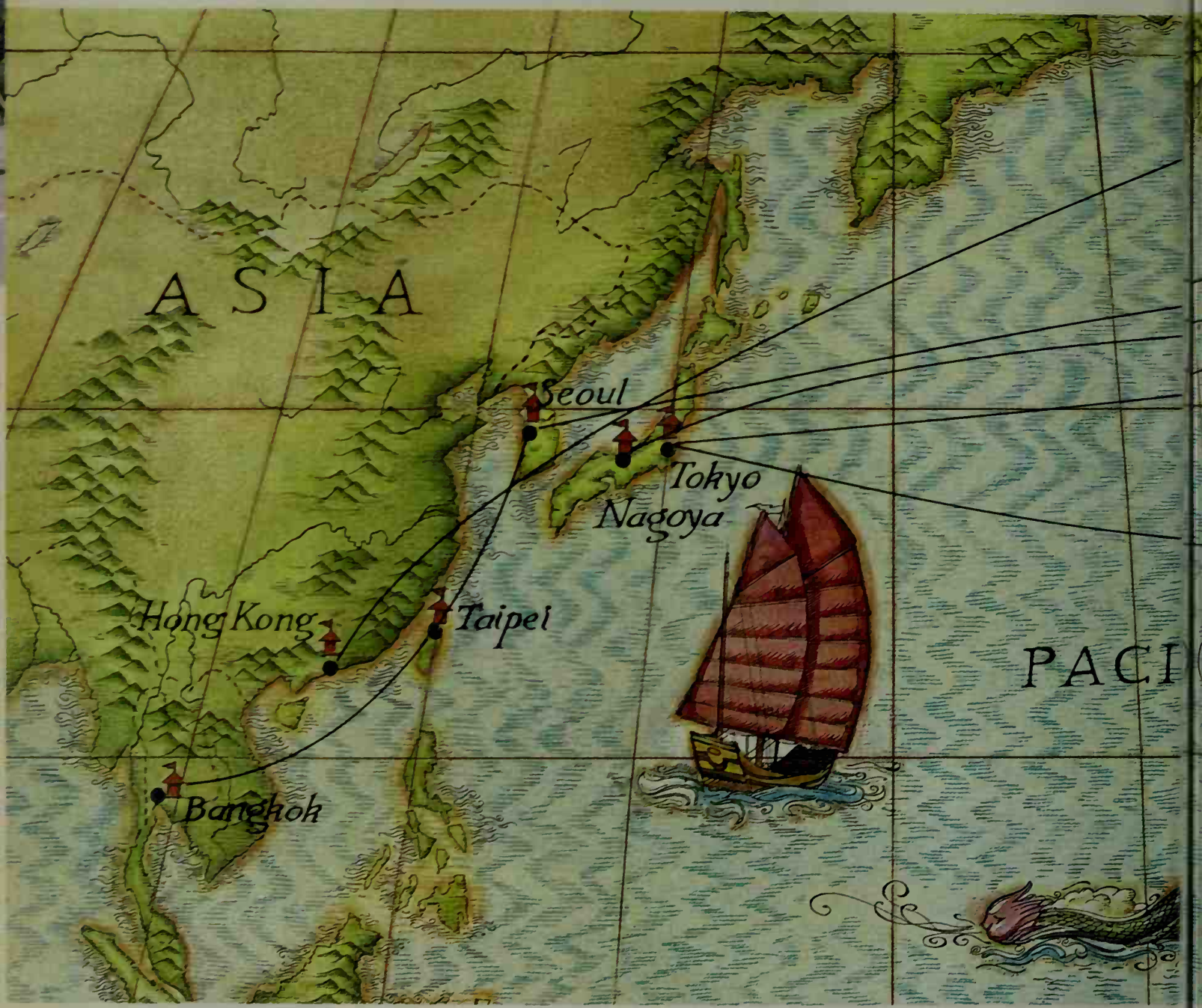

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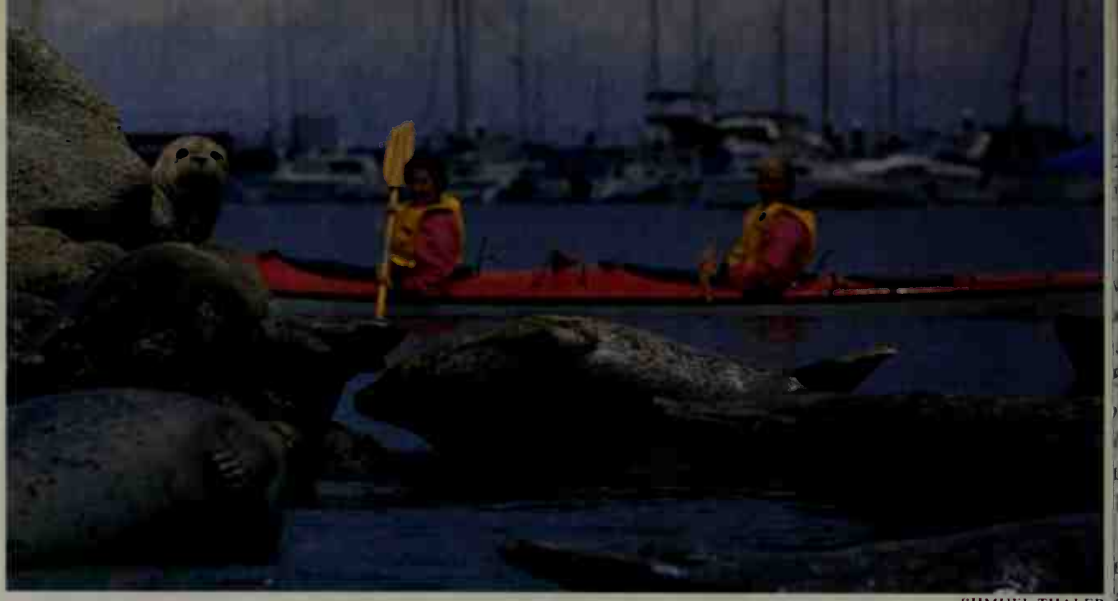
Harboring wildlife in Monterey Bay

New sanctuary protects seabirds, sea lions, sea otters, and whales



SHMUEL THALER

FAT AS OVERSTUFFED SAUSAGES, *harbor seals on rocks near Monterey's Fisherman's Wharf get a close look at kayakers on a bay paddle.*

MONTEREY'S FAMOUS Cannery Row no longer packs sardines—now it packs in tourists. T-shirt shops and saltwater taffy vendors do their best to distract visitors from the watery wonders of Monterey Bay. Fortunately, it's difficult to escape the bay's more compelling natural world—brown pelicans gliding overhead, barking sea lions jamming jetties and wharves, the aroma of salt and seaweed.

Now, to conservationists' delight, the wildlife-rich bay has found new protection as part of the Monterey Bay National Marine Sanctuary, due to be dedicated this month with festivities that will include tall ship visits and a new aquarium exhibit. This largest of nine U.S. marine sanctuaries covers 4,024

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square nautical miles. Boundaries extend north to the Gulf of the Farallones sanctuary to embrace seabird feeding grounds, west to include gray whale migration routes, and south to San Simeon Creek to encompass sea otters' range. But the key to the ecosystem's importance lies just off Monterey's shore—a 100-mile undersea canyon system up to 10,000 feet deep.

"It's a very species-rich area, since northern and southern ranges of plant and animal communities overlap here," says marine biologist Steven Webster. "And the canyon, one of the largest on the West Coast, adds the rich, deep-water habitat."

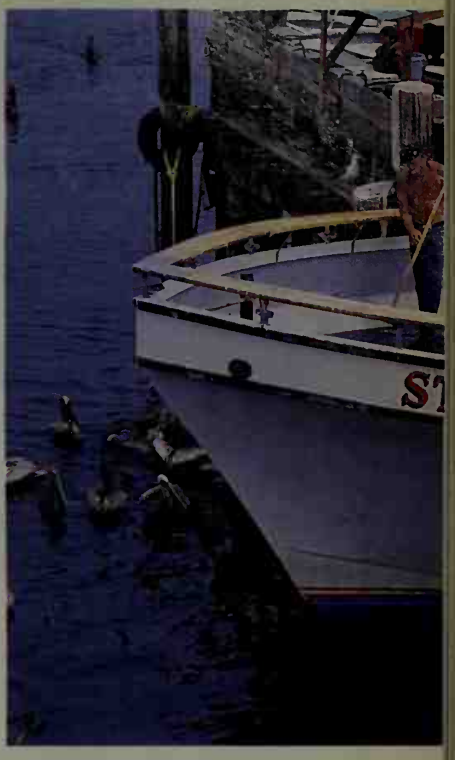
Sanctuary designation officially recognizes the area's unique resources and helps protect them by monitoring water quality and other research, while allowing some existing commercial and recreational activities (such as fishing and boating) to continue. In this case, the designation includes a ban on drilling for oil and gas and prohibits new dumping sites for dredge spoils.

PADDLE OR CRUISE SANCTUARY WATERS

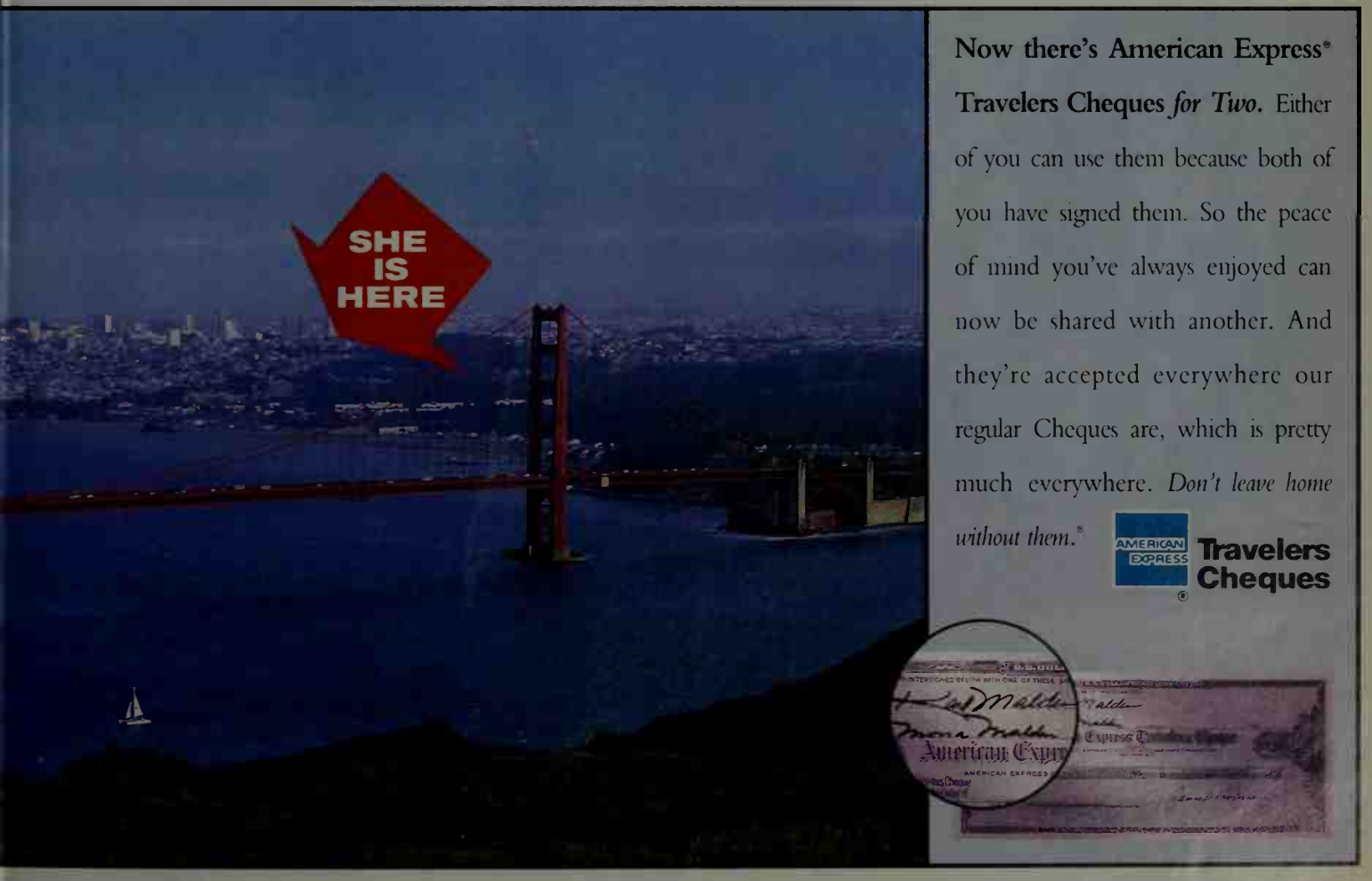
Despite all its manmade distractions, the Monterey waterfront provides easy water access for those who want to take a closer look at the sanctuary's natural side.

Naturalist-led kayak tours. Paddling a kayak, partially submerged, you see the bay as a surface-swimming seal or sea otter might. Kayakers even seem to fool the sea lions—barking bulls on the jetty often swim warily toward kayaks, as if checking out a competitor.

Two outfits offer outings that even novices can handle



FISHING BOATS *double as tour boats in waters of new sanctuary.*



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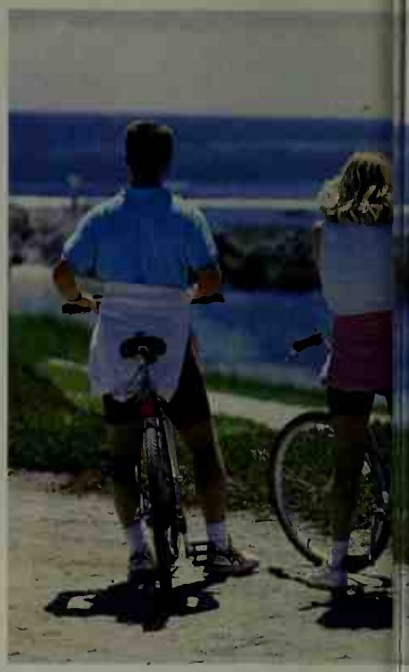
ho sometimes see the world a bit differently.

(instruction and equipment included). *Monterey Bay Kayaks* runs 4-hour tours ($48) that take you past Cannery Row and into kelp beds to hunt for kelp crab and other critters. Trips run between 10 and 2 Saturdays and Sundays; call (408) 373-5357 to reserve. *Adventures by the Sea* has guided 2-hour tours ($45 each); call 372-1807 to reserve.

Bay cruises. Two operators offer short (45-minute) cruises on large fishing boats year-round from Fisherman's Wharf. Trips generally chug past Cannery Row to Lovers Point. *Monterey Sport Fishing* (372-2203) and *Princess Monterey Cruises* (372-2628) both carry naturalists on board and run between 11 and 7 daily ($6, $3 ages 11 and under); call to reserve. Monterey Sport Fishing also offers a 1-hour cruise focusing on sea otters ($10, $8 ages 11 and under).



BIKE PATH *skirts bay edge; glistening white Asilomar beach makes a good stop.*

SEA OTTER *breeding areas are protected in the new sanctuary. Look for otters in the bay this month.*

SHORESIDE BIKING

A new 2-mile segment of bike lane in Pacific Grove extends an existing route so you can now ride some 5 miles from Fisherman's Wharf to Asilomar State Beach and rarely lose sight of the water.

Pick up the paved Monterey Peninsula Recreational Trail as it threads through Cannery Row (parking and bike rentals are available nearby). Riding northwest, you'll pass the Monterey Bay Aquarium, then Hopkins Marine Station and bustling shops in a remodeled cannery building.

This segment of the shoreline path is animated by a Venice Beach–of–the–north exuberance—headset-wearing roller skaters, giggling teens in fringe-topped pedal surreys, wet suit–clad divers hauling their gear down to beaches. The scene on the water is just as lively, with fishing boats and kayakers gliding by.

Continue your ride out to Lovers Point; look for sea otters and a rocky haul-out for harbor seals just offshore. The small park here has drinking fountains, bike racks, and picnic tables. If you're riding with young children, head back from Lovers Point, since the next 1½ miles put you on the shoulder of Ocean View Boulevard (there's no bike lane along this stretch; use caution).

The new bike lane begins where Ocean View meets Asilomar Avenue. Rounding Point Pinos, the road becomes Sunset Drive. We suggest going as far as Asilomar State Beach, then backtracking to return (beyond the beach, the

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SHMUEL THALER

MONTEREY BAY AQUARIUM

KELP FOREST *exhibit is the jewel of the Monterey Bay Aquarium.*

road steepens and the bike lane ends). Time your ride to have afternoon winds behind you on the return.

You can rent bikes at *Adventures by the Sea,* 299 Cannery Row, open 9 to 6 daily ($5 per hour; $20 all day); or at *Bay Bikes Rentals,* 640 Wave Street, open 9 to 6 daily ($6 first hour, $4 each subsequent hour).

A TALL SHIP AND A ROBOT SUBMARINE

Special events honoring the new sanctuary will take place in both Monterey and Santa Cruz during CoastWeek, September 19 through 26.

Calling in both ports will be the 145-foot-long square-rigged tall ship *Californian,* a replica of an 1849 revenue cutter; it will be escorted by a fleet of marine research vessels and other boats. The entire flotilla is scheduled to be at the small boat harbor in Santa Cruz on September 19. In Monterey on September 20, the *Californian* will dock at Fisherman's Wharf, while the research vessels tie up at the Coast Guard dock. The vessels will all be open for free tours from 10 to 4 on both days.

On September 20, the Monterey Bay Aquarium will open a new permanent exhibit called *Watching the Bay,* which explains the sanctuary's management. The aquarium's other permanent exhibits, which highlight the bay's submarine canyon and habitats, also let you immerse yourself in the subject without getting wet. From 12:15 to 3 on Mondays and Tuesdays, you can take a vicarious dive into the deep canyon by watching live video from a robot research submarine as it probes to a depth of 3,300 feet. The aquarium, at 886 Cannery Row, is open 10 to 6 daily. Admission is $9.75, $7.25 students and seniors, $4.50 ages 3 through 12. ■

By Lora J. Finnegan

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KEVIN MILLER

CHILDREN AHOY! *Youngsters aboard the RCMP vessel St. Roch get guided tour of forward deck. The ship was propelled by sail and diesel.*

Vancouver's floating history

Climb aboard historic vessels at the Maritime Museum

IN 1792, CAPTAIN George Vancouver sailed his ship, HMS *Discovery,* into Burrard Inlet. Now, 200 years later—in the city that bears his name—you can see a replica of the forecastle of his ship, as well as other historic vessels at the Vancouver Maritime Museum.

The museum shows a cross section of British Columbia's seafaring history. Indoors, more than 70 ship models—from ivory Chinese barges to radio-controlled racing yachts—are on display. And outdoors, you can inspect the full-size working vessels tied along the docks of Heritage Harbour.

Through December, visitors can walk through the replica of the forecastle of the *Discovery.* The crew's quarters were cramped: sailors sat on their sea chests at mess tables and slept in hammocks hung between beams.

Elsewhere, you'll see the massive boiler salvaged from the SS *Beaver,* a Hudson's Bay Company side-wheeler that ran aground in 1888 at the entrance to Vancouver Harbour. The *Beaver* was the first steamship in the Pacific north of the equator. In the years after the ship grounded, souvenir hunters stripped it. Many of the pieces now on display have trickled in from families of the original scavengers. You'll also see anchors and one of the steamship's bells.

Step into the re-created saloon of the *Empress of India* (launched in 1891) and you'll note that there was no shortage of elegance for travelers crossing the Pacific. The White Empress fleet was famous for speedy crossings—an average of 11 days from Vancouver to Hong Kong.

Sheltered in a huge A-frame adjoining the museum is the Royal Canadian Mounted Police vessel *St. Roch,* built in 1927 in Vancouver. It was the first ship to sail both ways through the Northwest Passage, starting in 1940, and it was also the first to circumnavigate the North American continent. You can join a guided tour aboard the *St. Roch.*

The museum is at 1905 Ogden Avenue. From downtown Vancouver, follow Burrard Street over the bridge and turn right into Vanier Park. Museum hours are 10 to 5 daily. Admission costs $5 (Canadian) adults, $2.50 ages 5 through 18. For more information, call (604) 737-2211. While you're in the park, you might also visit the Vancouver Museum and the H. R. MacMillan Planetarium. ■

By Steven R. Lorton

WHARFINGER *of Heritage Harbour lives on his own boat.*

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½ cup olive oil
1 package (8 ounces) pasta of your choice, cooked and drained

4 ounces mozzarella cheese, cube
2 medium zucchini, diced
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½ cup finely chopped walnuts, to

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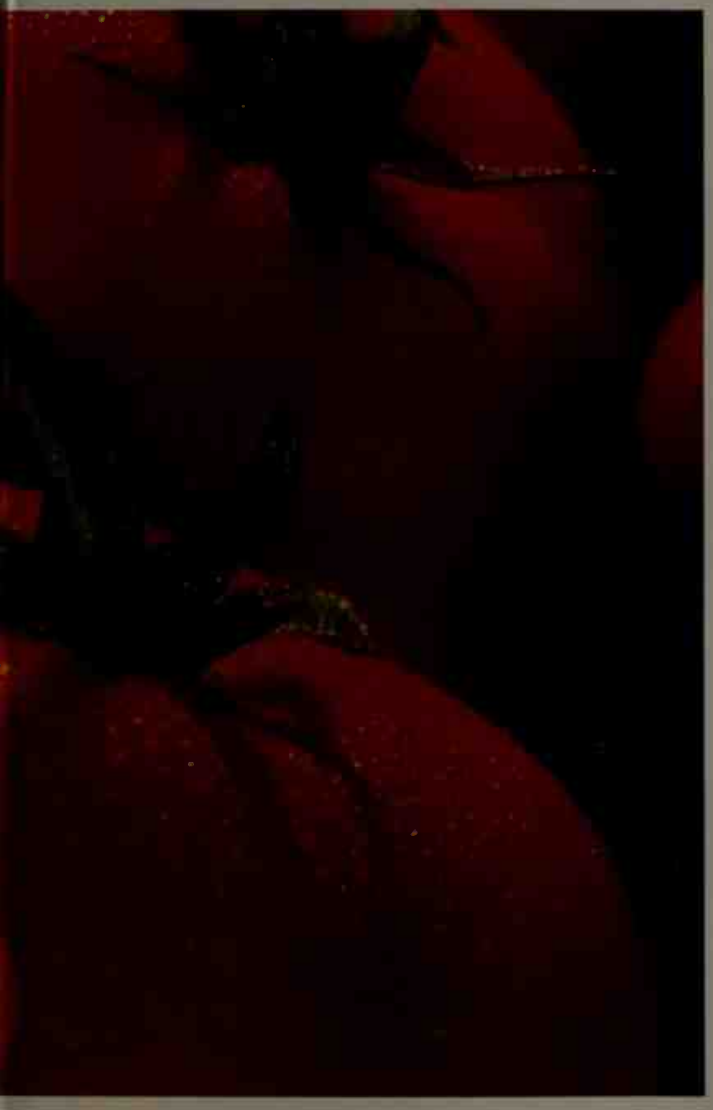

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liced green onion
espoons lemon juice
poon chopped fresh
r 1 teaspoon dried mint
oon chopped garlic
oon salt
oon black pepper
live oil
ooked white or long grain rice
aisins, soaked in boiling water for 20 minutes and drained

Cut slice from stem end of DiVine Ripe tomatoes. Scoop out centers with spoon; reserve. Remove seeds and turn tomatoes cut side down on paper towel to drain. Meanwhile, seed and chop reserved centers. Combine chopped tomatoes and next 6 ingredients. Stir in oil, rice and raisins. Stuff tomatoes with rice mixture. Makes 8 servings.

For more DiVine Ripe recipes, write Sun World International, Dept CDR, P.O. Box 1028, Coachella, CA 92236

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DAVID FRANZEN

HALEAKALA BY HORSEBACK: *Crater rides plumb the volcano's interior (above). For a greener experience, try a meander along Maui's north coast (left).*

Hoofing it on Maui

Horseback treks offer equestrians good viewing of the island's most scenic spots

URGING LUCKY, A chestnut quarter horse, up the Sliding Sands Trail in Haleakala National Park, I passed a perspiring hiker headed the same direction. The hiker regarded me and my fellow riders with a mix of envy and self-righteousness, and said, "Lazy."

Lazy? Well, yes and no. No, because I'd been testing my horse-shy leg and back muscles for the last 7 hours. Yes, because Lucky was working a lot harder than I was—letting me see far more of Haleakala's volcanic summit than I could ever have seen on my own.

That's the advantage to viewing Maui from horseback. With an island as scenic as this one, you want to experience as much as you possibly can—and four hooves can carry you a lot farther than two feet.

The stables listed at right offer trips covering a range of Maui terrain—from Haleakala's slopes and crater to the Hana coast to the West Maui Mountains. The trips are geared to beginning and intermediate riders; more experienced equestrians might get bored with the studied, clip-clopping pace. Most of the stables won't accept children under 12 (a couple raise the minimum age to 18). All area codes are 808.

Adventures on Horseback, Box 1419, Makawao 96768; 242-7445 or 572-6211. Five-hour ride, $150. Leisurely jaunts skirt Maui's north coast near Haiku. Before owner Frank Levinson traded stage lights for stirrups, he was a singer-songwriter in New York, and he still knows how to work a room—or a trail. If you're good, he may serenade you with his guitar.

Hana Ranch Stables, Box 278, Hana 96713; 248-8211, ext. 3. One-hour ride, $27.50; 2-hour ride, $50. Rides trace the rugged Hana coast or rise into the foothills—with choice scenery guaranteed in either direction.

Makena Stables, 7299 S. Makena Rd., Makena 96753; 879-0244. Three-hour ride, $85; 4-hour ride, $105. The stables—convenient for visitors staying at Makena, Wailea, or Kihei—offer rides across lava fields (formed in Haleakala's most recent eruption, 200 years ago) and onto the rolling hills of 20,000-acre Ulupalakua Ranch.

Pony Express Tours, Box 535, Kula 96790; 667-2200. One-hour introductory ride near stable, $30; 4-hour, 7½-mile Haleakala Crater ride, $110; 7-hour, 12-mile ride, $130. Operating in Haleakala National Park, Pony Express's tours take riders past the crater's cinder cones and lava fields. The rides require some stamina: at 10,000 feet, air is thin, and sun, wind, and cold can be fierce.

Rainbow Ranch, Box 10066, Lahaina 96761; 669-4991 or 669-4702. One-hour ride, $30; 3½-hour ride, $85. Rainbow Ranch is convenient for visitors who are staying at Lahaina or Kaanapali. Trails lead riders through a pineapple plantation and into the lower foothills of the West Maui Mountains.

Thompson Ranch Riding Stables, R.R. 2, Box 203, Kula 96790; 878-1910. Hour-and-a-half ride, $35; 2-hour ride, $40; 6-hour trip into Haleakala Crater, $150. Thompson's trips traverse a cattle ranch on Haleakala's southwest flank; longer expeditions run into the crater itself. ■

By Peter Fish

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GLENN CHRISTIANSEN

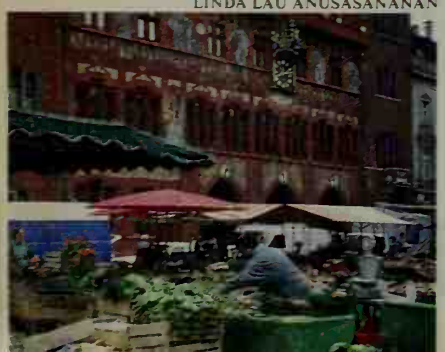
AT CAMPO DEI FIORI *in Rome, shopper buys untrimmed artichokes to cook Roman-style—boiled, dressed in a minted sauce, and served upside down with stems in the air.*

European outdoor markets

To pick up a picnic, or just admire produce

TOWN HALL *is the backdrop for farmers' market in Basel, Switzerland.*

LINDA LAU ANUSASANANAN



TRAVELERS WHO appreciate good food know that one of the best ways to learn about a country's cuisine is to shop where local chefs and home cooks buy their food. In Europe, open-air markets are the ideal classrooms, providing handsome displays of the region's bounty.

Whether you're eating out or cooking in a rented apartment, a morning marketing foray can help you dine better during your visit. Early-bird shoppers get first crack at the day's best choices and a preview of the freshest items on the day's restaurant menus.

Signs at produce displays can acquaint you with the names and sources of ingredients that may be new to you. Market touring gives you a sense of the basic seasonings used in the local cuisine. You'll see the essential ingredients over and over, and they often scent the air.

At many of the markets, you can pick up supplies for a ready-to-eat picnic.

Bring a large shopping bag to collect your purchases, and carry sufficient local currency. European markets use the metric system (1 kilogram equals about 2¼ pounds, 100 grams about 3½ ounces). Most sellers prefer that customers not handle the merchandise; watch other buyers for protocol. Generally, you tell the seller how much you want, and he or she chooses the edibles.

Here are some markets that we've visited recently. Most run from early morning to midday.

Barcelona. Big, bustling La Boquería, or Sant Josep Market, is located off Las Ramblas between Carrer del Carme and Carrer de l'Hospital. Here you can find live snails in mesh nets, Serrano ham, salt cod, olive oil, 20 mushroom varieties, spices in bulk, live rabbits and chickens, and exotic fruits. It's open 8 to 5 Mondays through Saturdays.

Basel, Switzerland. In the shadow of the 16th-century town hall, an open-air market flourishes at the Marktplatz on weekday mornings (Fridays are the liveliest). Fresh flowers brighten the scene. Bakers peddle chewy whole-grain breads and shiny soft pretzels from their trailers. Many shops near the Marktplatz sell Swiss chocolates, nutty Emmenthal cheese, and the city's famous *leckerli* honey biscuits, as well as eaux-de-vie produced from local fruits.

Provence, France. Vaison-la-Romaine (47 kilometers northeast of Avignon) has a lively Tuesday market that weaves through the center of town and along Avenue Jules-Ferry and Grande-Rue. Look for live chickens and rabbits, fresh and dried spices and herbs, and olives. Vendors sell spit-roasted chickens, Savoy cheese, Auvergne sausage, and pizza.

Other nearby markets include the food and flea market at the town center in Carpentras on Fridays, and markets in L'Isle-sur-la-Sorgue at the Place de l'Église and along the river Sorgue on Sundays.

Rome. Campo dei Fiori, a square near the Chancellery and Farnese palaces, is the site of a small but colorful market, daily except Sundays. In spring and fall, look for untrimmed artichokes on long stalks to make the classic *carciofi alla romana.* Autumn brings porcini mushrooms and Muscat grapes.

Stockholm. Near the Concert Hall lies Hötorget, a farmers' market selling colorful displays of fresh flowers and produce. In the fall, look for lingonberries and delicate pale cloudberries. Crafts from Lapland are also sold. Open 10 to 6 Mondays through Fridays, 10 to 4 Saturdays. ■

By Linda Lau Anusasananan

SPAIN
WINERY TOURS

Food and wine are featured on a 10-day tour starting in Barcelona on October 10. You'll sightsee in Barcelona, then tour bodegas in the major wine regions of Penedes, Navarra, La Rioja, and Duero and dine on local specialties. Tour ends in Madrid. Cost is $2,950. MJK Tours, 133 S.W. Second Ave., Suite 220, Portland 97204; (800) 659-9723 or (503) 224-8001.

KENYA
WILDLIFE

Leave New York on October 10 for two weeks of wildlife viewing with a naturalist-ornithologist. From Nairobi, travel by safari vehicle and stay in hotels and permanent tent camps. Visit Samburu Game Reserve, Buffalo Springs Reserve, Elmenteita Wildlife Sanctuary, and the Masai Mara. Cost is $4,995. California State Parks Foundation, Betchart Expeditions, Inc., 21601 Stevens Creek Blvd., Cupertino, Calif. 95014; (800) 252-4910.

ENGLAND
WESSEX COUNTRYSIDE

Museum curators and guest lecturers help explore in what was once the Saxon kingdom of Wessex. Depart New York October 14 and spend 12 days visiting Salisbury Cathedral, Stonehenge, Portsmouth's historic ships, the Isle of Wight, Bath, and Thomas Hardy's countryside. Each night you return to Winchester. Cost starts at $3,010. Smithsonian Study Tours and Seminars, 1100 Jefferson Dr. S.W., Washington, D.C. 20560; (202) 357-4700.

NEW ZEALAND
SOUTH ISLAND WALK

On 11-day trips starting in Christchurch, take daily walks on New Zealand's South Island, getting between sites by minibus. You'll explore Paparoa National Park, coastal glaciers, Lake Mathieson near Mount Cook, Franz Josef Glacier, and Queenstown. Tours depart November 10, February 10, and March 6. Cost is $2,499. Country Walkers, Inc., Box 180, Waterbury, Vt. 05676; (802) 244-1387. ■

By Lorraine Reno

What a travel agent can do for you: *provide information on destinations and tours; help you plan a trip; reserve space on air, rail, and cruise lines; make hotel and resort reservations. Travel agents usually do all this without charge, but they do charge for "custom" tour service.*

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GARDEN AND LAWN FEEDER

Successful composting: tips from a pro

The best way to plant eucalyptus

New choices in ornamental pears

Stop the birds from getting the crops

Sunset's GARDEN GUIDE

Don't plant lettuce right after celery

Keeping clean of poison oak

'Royal Cape': a new, bluer plumbago

September checklist

PETER CHRISTIANSEN

Four scoops of geraniums

FLOWERS IN SHADES OF PINK, AS COOL AND FROTHY-LOOKING AS strawberry ice cream sodas, crown Martha Washington geraniums in Chinese pots on a sunny window ledge. Near the coast, you can still buy and plant these geraniums for an instant late-summer display. September also heralds the best planting time of the year in Western gardens. Nursery bins are filled with bulbs for spring color (shop early for the best selection and largest sizes); beginning midmonth, plant natives and other water-conserving plants.

Sunset's

GARDEN GUIDE

Successful composting: tips from a pro

Ah, summer's end. Corn husks are beginning to dry, spent flowers poke their browning heads above green foliage, and ripening apples gnawed by fat-bellied squirrels drop *ka-blunk* onto decks or hard soil. Soon the first fallen leaves will crackle underfoot. All this garden debris (along with grass clippings and seedless weeds) is good fodder for compost.

If you haven't started a pile yet, now's the time (remember those chock-full landfills). Chop up the debris, rake it into a pile, moisten it, and follow these guidelines for the rapid compost method from Robert Raabe, a plant pathologist at UC Berkeley.

• ***If your compost pile doesn't heat up*** within two days, check its moisture content (dig into the pile with a shovel and grab a handful of the debris). If the pile is too wet, it may start to smell; spread the debris out to dry. If the pile is too dry, the materials will still be cool and unchanged; water the pile (but make sure the materials are only damp, not soggy).

• ***If you smell ammonia,*** you probably have too much green material, which gives off nitrogen quickly. Add a small amount of sawdust to bring the green-to-dry ratio closer to 50-50.

• ***Turn the pile regularly*** (every week or so). If it's cooking as it should, you'll see vapor rising as you turn it, and you'll smell a pleasant earthy odor. White fungus will grow on the materials in the decomposition process.

• ***The compost is ready to use*** when it is crumbly and dark brown with no recognizable pieces (three to six weeks, depending on weather); a finished compost pile stops heating up and has shrunk by about 60 percent. Apply compost as a mulch, or mix into soil to enrich planting beds.—*Emely Lincowski*

CHAD SLATTERY

ARCHES OF THIN-WALLED PVC *tubing, draped with plastic bird netting, protect plants in 3-foot garden beds from birds.*

Planting eucalyptus for wind-strong roots

In *Sunset*'s big June article "Our Wild Fire," a section defended eucalyptus trees as garden-worthy plants, not the flammable, unstable ones critics make them out to be.

Eucalypts planted as small seedlings will always be wind-strong. But ones planted as overgrown saplings can blow over at any time—even years after planting.

Now that it's planting time in the lowland West, we remind you to buy small eucs (less than 10 inches if possible). Shun tall ones—especially those over 3 feet. If a lanky sapling is all you can get, avoid kinked roots by washing off and straightening roots in the planting hole as described under *Eucalyptus* in the *Sunset Western Garden Book*.

We know the scheme works; we tested it at *Sunset*. Eucs set out with straightened roots became firm in later years, while those set out with rootball intact could be rocked to and fro.
—*Joseph F. Williamson*

New choices in ornamental pears

Pyrus calleryana 'Bradford' may be a handsome tree, but its strong, horizontal branches are prone to splitting as the tree reaches maturity. Newer types resist branch splitting. All grow to about 35 feet tall.

'Aristocrat' has strong upcurved branches. Young trees have a pyramidal canopy; mature trees, an oval one. Leaves turn purple-red in fall.

'Autumn Blaze' has branches that curve upward, an upright to broad oval crown, and bright red fall foliage.

'Capital' has upcurved branches that grow nearly parallel to the trunk, a narrow columnar shape, and reddish purple leaves in fall. It's susceptible to fireblight.

'Chanticleer' (also known as 'Cleveland Select'), which has a pyramidal crown, is resistant to fireblight; branches loosely parallel the trunk, and leaves turn red in early fall.

'Redspire' has upcurved branches, a narrow oval shape, and red fall foliage.

Look for these at nurseries in 5- and 15-gallon pots (prices start at $30).—*E. L.*

Stop the birds from getting the crops

Succulent young lettuce leaves and juicy red berries are sure to attract birds. If the birds are beating you to the crops, take a look at the successful protection system shown at left.

Each 3-foot-wide planting bed in this garden is covered with netting that's stretched over arches of thin-walled (class 125) PVC tubing. Pipe straps attach each arch to wood 2-by-4s edging the beds.

Six-foot lengths of tubing (which the owner painted green) cover leeks and strawberries in the closest beds; 10-foot lengths cover taller-growing raspberries behind.

Thin-walled tubing is widely available at plumbing supply stores; it costs 6 to 8 cents a foot for ½- or ¾-inch pipe. Bird netting is also easy to find; a 7- by 14-foot piece costs about $7.—*Michael MacCaskey*

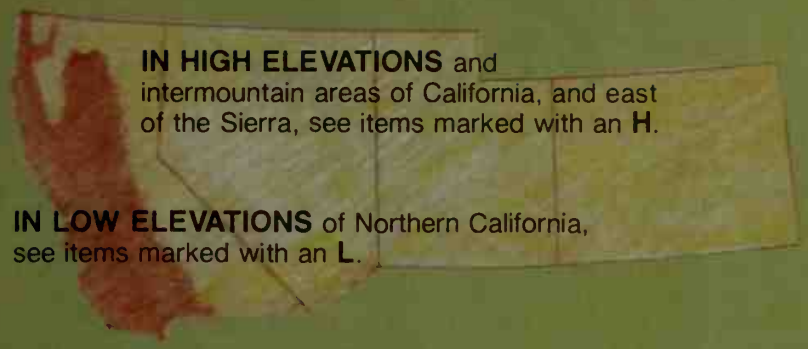
Don't plant lettuce right after celery

In a salad bowl, lettuce and celery get along famously. But in the same spot of ground, celery makes life tough for lettuce plants.

Growers in Florida reported frequent problems when they planted lettuce in fields where they'd just harvested celery. Lettuce seeds sprouted but grew unusually slowly.

Research uncovered the cause: celery residue, particu-

Sunset's GARDEN GUIDE



IN HIGH ELEVATIONS and intermountain areas of California, and east of the Sierra, see items marked with an **H**.

IN LOW ELEVATIONS of Northern California, see items marked with an **L**.

September Checklist

HERE IS WHAT NEEDS DOING

☐ **CARE FOR LAWNS. H, L:** After a dry summer is a ood time to dethatch, aer- te, and fertilize cool-season awns such as bluegrass, fes- ue, and rye grass. If you on't use the lawn, think bout replacing all or part of with plants that require lit- e water. If your water is still ationed, hold off renovating ntil early spring.

☐ **CONTROL PESTS. L:** Mites and powdery mil- ew are likely problems this onth. Control them by praying with light horticul- ural oil or sulfur. Or intro- luce predatory mites, avail- ble from suppliers of eneficial insects.

☐ **DIVIDE PERENNIALS. L, H:** Use a spading fork to ift and loosen clumps of gapanthus, candytuft, core- psis, daylily, Mexican eve- ing primrose, and penste- non. With a spade or a harp knife, cut clumps into ections through soil and oots. Replant sections in ell-amended soil.

☐ **FERTILIZE. L:** To get flowering annuals, perennials, and fall-planted vegetables off to a strong start, incorporate a complete fertilizer into the soil at planting time, and again in three to four weeks.

☐ **PLANT ANNUALS. L:** For colorful blooms in spring, after midmonth sow seeds or set out nursery seedlings of California poppy, clarkia, and dimorphotheca. Set out plants of calendula, larkspur, pansy, Iceland poppy, primrose, snapdragon, stock, and viola. Near the coast, plant cineraria, mimulus, and nemesia.

☐ **PLANT PERENNIALS. H, L:** After the summer heat subsides, plant campanula, candytuft, coreopsis, delphinium, dianthus, Mexican evening primrose, foxglove, gaillardia, geum, penstemon, phlox, salvia, and yarrow. Nurseries will have good selections of six-packs, 4-inch pots, and gallon cans.

☐ **PLANT VEGETABLES. L:** In the fog belt, set out cool-season vegetables now. Plant beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chard, garlic, leeks, lettuce, onions, peas, radishes, spinach, and turnips. In warmer inland areas, wait until after midmonth.

☐ **PREPARE TO PLANT. H, L:** If you are planning to relandscape or add to your existing landscape, ready the planting beds now. Till or double-dig the soil; mix in organic amendments and a complete fertilizer as necessary. Before planting, irrigate beds to sprout weed seeds, then hoe (or spray with herbicide) to eliminate them.

☐ **SHOP FOR BULBS. H, L:** Buy early to get the best-quality bulbs. Choose ones that are firm and do not have soft or moldy spots. Try adding more drought-tolerant types such as *Homeria* to your collection. Buy hyacinths and tulips now, but wait until November to plant; store them in the refrigerator until planting time. Before planting any bulb, work a controlled-release fertilizer into the bottom of the hole.

☐ **TEND COMPOST. H, L:** To enrich garden soil for next spring, add debris to the compost pile; turn pile regularly (see page 44). Work finished compost into the soil wherever you'll be planting this fall. Use it to top-dress around perennials and shrubs.

☐ **TEND ROSES. L:** Renew mulch to at least 3 inches deep. To encourage another bloom cycle, snip off spent blooms. **H, L:** Where water is limited, leave old flowers on stems; this slows plant growth and reduces water needs.

☐ **WATER. H, L:** September can be one of the hottest months. Watch plants for signs of water stress, such as lackluster foliage or wilting; irrigate as needed.—*E. L.*

arly root tissue, inhibits let- uce growth. In studies, as lit- le as 1 percent celery tissue n sandy soil inhibited lettuce growth. Negative effects per- isted for up to a month after elery had been harvested.

To be safe, plant in a dif- erent spot, or wait two to hree months before planting ettuce in beds where celery as been harvested.—*E. L.*

Poison oak protection

Ridding your garden of oison oak without getting a ash is always a challenge. According to the Bio-Integral Resource Center in Berkeley, ou can do a few things to re- luce the risk.

When you work around poison oak, wear long sleeves, long pants, and gloves. Apply a protective cream to your face, neck, and hands. Keep a bucket of cold water and strong soap (not detergent) nearby in case you touch the plant and need to wash your skin quickly. When soap and water are not available, use rubbing alcohol to dab skin clean.—*E. L.*

CLUSTERS *of inch-wide, sky-blue flowers crown new 'Royal Cape' plumbago from spring through fall.*

New Cape plumbago

The picture at left shows the dramatic blue flowers of a new variety of Cape plumbago, *P. auriculata* 'Royal Cape'. Flowers are much darker and richer blue than those on common Cape plumbago, and they are more resistant to bleaching in hot inland sun.

Cape plumbago is heat and drought tolerant, and is hardy to about 20°. Its sprawling habit makes it a good background shrub in a border (it can reach 6 feet tall and 8 or more feet wide).

It's available in 1-gallon ($5 to $10) or 5- gallon ($18 to $25) sizes.—*E. L.* ■

Note: After our August issue came off press, we were informed the San Francisco Flower Show—listed in our Garden Calendar last month—had been canceled.

NORMAN A. PLATE

GARDEN HEROES, *sword ferns make lush, woodsy fronds like these with little or no irrigation beyond rainfall.*

Heroes of the shade garden

Native sword ferns look lush, but demand little water

MAINTAINING gardens through a sixth year of drought has forced the basic landscaping plants into their true water-demand categories. We've learned who are the goldfish and who are the camels of the plant kingdom. In shady places, an outstandingly drought-tolerant plant has emerged, and it's one that we'd never have predicted for that role 10 years ago: our own native sword fern (*Polystichum munitum*).

This lovely deep green fern just goes on looking handsome and woodsy even with extremely limited water, and often with little to no dry-season irrigation at all.

If you have a shady area to plant—one that gets no more than 3 hours of direct sun a day from March through September—you might try filling all or most of it with sword ferns. True, you'll get no flowers or fruit, but you will get all-year green, grace, and mellowness.

Another plus: this fern's fronds blend beautifully with other shade-loving plants, especially cinerarias, impatiens, and rhododendrons.

Although sword ferns will grow in just about any shady site, they're most at home on shaded north-facing slopes, where—in their natural environments—they grow with magnificent abundance.

PLANT NOW OR IN FALL

Depending on your water situation, you could plant sword ferns now or wait until spring. Spring-planted ferns need water regularly through summer; fall-planted ones have the winter rainy season to get established, so need little irrigation their first summer.

If you can give an established sword fern lots of water during the dry season, it will grow bounteously, uncurling numerous new fronds each summer. If you are unable to give the plant much water at midyear, it will produce fewer fronds.

Irrigated plants benefit from occasional feeding. Use a fertilizer labeled for rhododendrons and azaleas.

After several years, oldest fronds turn brown and decompose, usually out of sight along the ground beneath the newer green fronds. If brown fronds do show, just cut them off at the base.

PESTS? NONE AT ALL

In garden literature, you can find occasional references to insect pests on sword ferns. But in the *Sunset* garden and in all home gardens where we've checked, these ferns have never been attacked by anything in the insect or spider kingdoms. And deer leave them alone, too.

Many ferns—including the southern sword fern (*Nephrolepis cordifolia*) that spreads enough to become a nuisance—are often sold as sword ferns. To be sure, ask if the fern you're looking at spreads; if it does, either don't buy it or buy it knowing that it's soon going to start rambling overland.

Sword ferns are sold in 1-gallon cans ($9) and 5-gallon cans ($23). ■

By Joseph F. Williams

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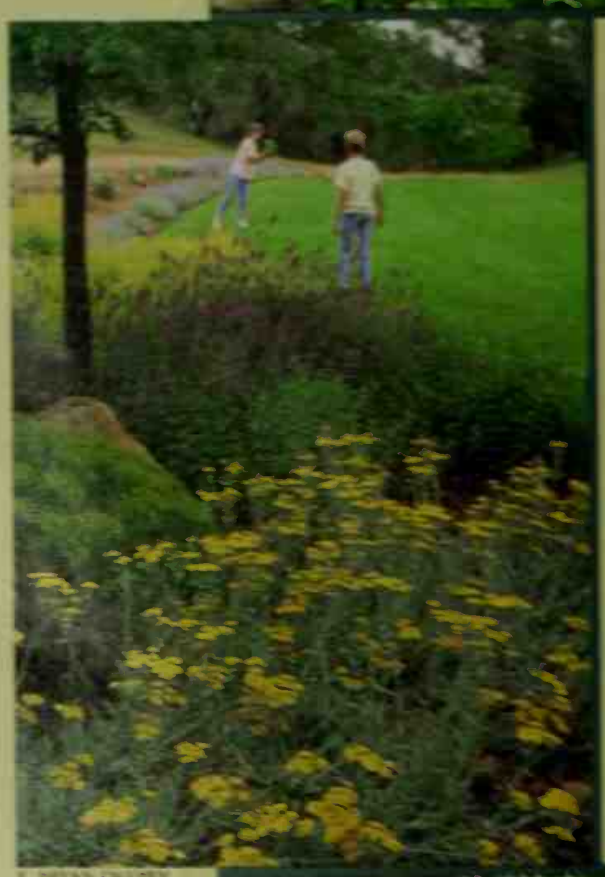
Deerproof and deer friendly

HOW TWO GARDENERS LEARNED TO STOP WORRYING AND LOVE DEER

When you live in deer country, it's difficult to wear the hats of both wildlife enthusiast and avid gardener. To one, deer may seem charming and harmless. To the other, their foraging can be a constant source of frustration.

But Cathryn and Dan Rose of Healdsburg, California, have learned to make friends with their hungry neighbors and still have a beautiful garden. Its textures, colors, and plant combinations could inspire any gardener, deer-plagued or not.

The Roses' success didn't come overnight. Planning a deerproof garden is made particularly difficult by the fact



DEER-RESISTANT PERENNIALS

In the summer scene at right, free-flowering lime thyme, Teucrium chamaedrys, Santa Barbara daisy, Salvia greggii, lavender, and Origanum dictamnus mingle in the beds.

In spring, vivid yellow yarrow, lime green euphorbia, and purple Erysimum linifolium 'Bowles Mauve' brighten the garden.

K. BRYAN SWEZEY

SWATH OF SALVIA FARINACEA *'Victoria' and gaillardia often blooms until Christmas.*

that the animals' diet differs from place to place—what they snub at one garden they may devour a few miles away. With help from Sebastopol landscape designer Maile Arnold, though, the Roses experimented with plants until they discovered which ones would survive and which were considered tasty morsels.

FROM CAGED PETUNIAS TO FLOWING PERENNIALS

For years, the Roses tried to fend off the deer instead of work around them. As Cathryn Rose tells the story, they ended up with "a service station landscape": rosemary and escallonias that blocked the views, and little color other than a few petunias protected by ugly wire cages. "I had never been much of a gardener," she admits, "so I didn't realize that some plants were deerproof until I learned of Maile's work."

Deciding to start from scratch, the Roses ripped out all the old plants. They then created large, sweeping beds bordered by stones collected from their property. Their clay soil was rock hard, so they amended it with what they call "magic mulch"—turkey manure from a local ranch (they allow it to compost over the winter so it doesn't burn plants). "The only drawback is that you have to put up with a strong smell for a few weeks," explains Rose.

Arnold then brought in several dozen small plants in containers and set them on top of the beds—plants that Rose knew had withstood deer invasions in other gardens. "I became a little worried when the deer went after about a third of the plants," she says, "but I learned that this isn't unusual. There w plenty of others that were touched."

Some of their successes clude dark pink *Diascia vi lis* (the deer sometimes nib *D. fetcaniensis,* the variety with light pink flowers), du miller, euphorbia, feverfew ("don't let it go to seed or you'll have it everywhere") gaura and penstemon ("the deer sometimes give them haircuts, so they bush out nicely"), helianthemum, nic embergia, five kinds of salv Santa Barbara daisy, snow-summer, teucrium, yarrow, and any kind of herbal plan with a pungent odor, such a catmint, curry plant (*Helichrysum angustifolium*), la enders, and ornamental and edible oreganos and thymes

The garden's appeal lies not only in the colors of par ticular flowers but also in plant combinations, textures and forms. Shrubby perenni als like *Salvia greggii* and lavenders mingle with broad spreading plants, including the Santa Barbara daisy, diascia, and *Origanum dictamnus.* Along the borders, cascaders are allowed to spil over the rocks.

"Gardening is an ongoing process for us," says Rose. "We're constantly enlarging the planting beds by taking cuttings from existing plants and rooting them. And we're always reevaluating the landscape; no decision is permanent. If a plant gets too big for an area or is out of character, we transplant it. Maintenance is critical, too."

Arnold taught the Roses to be tough with plants. In early spring, evergreen perennials are pruned to encourage fresh growth. To prevent legginess and encourage repeat bloom, they deadhead or lightly prune gaillardia, lavenders, salvias, and many other perennials after bloom. They also severely prune vigorous growers like catmint and teucrium after bloom to prevent them from getting woody and flopping over. ■

By Lauren Bonar Swezey

TO PROPAGATE PROVEN SUCCESSES, *stem cuttings like this penstemon are stripped of lower leaves, dipped in rooting hormone, then planted in potting soil and perlite.*

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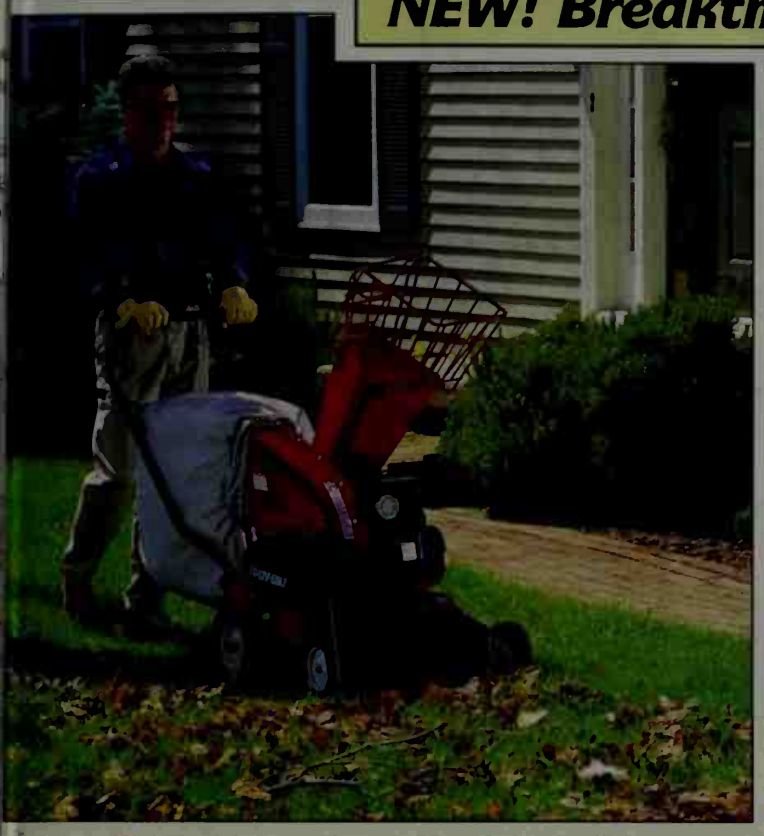

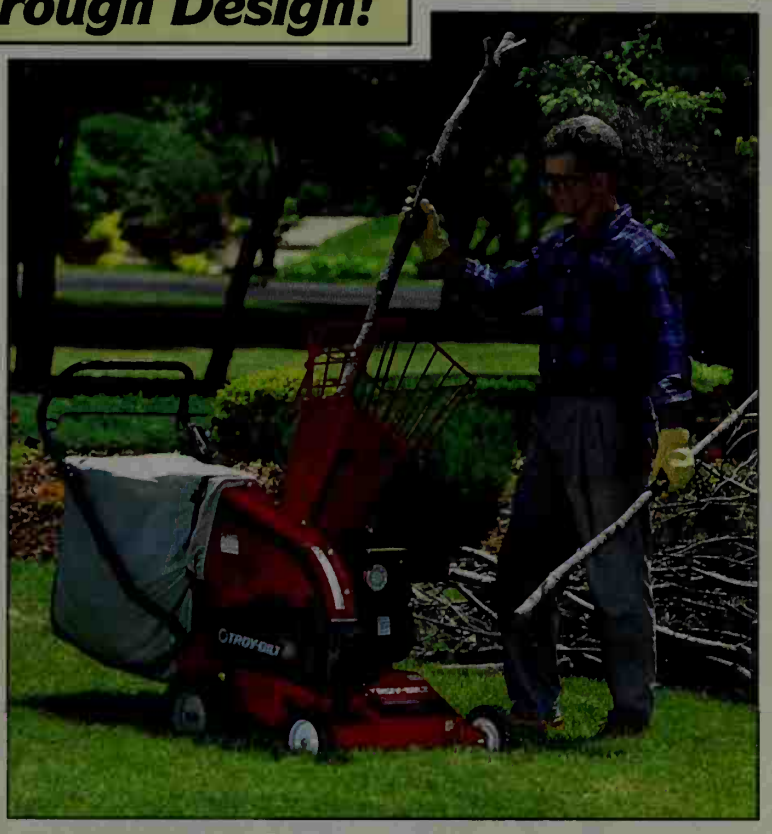

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Spicy or sweet potpourris

Suzanne Ashworth mixes flowers and leaves from her Sacramento garden

EVERY SUMMER, Suzanne Ashworth gathers flowers, petals, berries, leaves, and pods in her garden, then dries and scents them to make potpourri. Arranged in bowls throughout her house, these spicy or sweetly scented mixes allow her to savor her summer garden all year.

Through experimentation, Ashworth has discovered which materials are attractive and hold their color. Although she uses tried-and-true flowers such as roses, lavender, and gomphrena, she also adds some Western accents—pomegranate petals, lemon blossoms, bay leaves, acorns, and eucalyptus pods.

Ashworth picks flowers when they're at their peak of color, before they start to fade. Her drying method is simple: all it takes is a window screen and a few days in a well-ventilated area.

To create a mix, she comes up with a theme that's appropriate for the room where she plans to display it. "I choose ingredients for their colors and textures, and match those to the room's decor," Ashworth says. "I like the earthier colors for the living room. And I save my purple and pink traditional potpourri for the bedroom and bath."

The choice of fragrance (from scented oils) is also important to Ashworth. She prefers musky scents, such as bayberry and sandalwood, for the living room and saves sweeter fragrances, like jasmine, lavender, and rose, for the bedroom and bath. To absorb and hold the scented oil, she uses orrisroot chopped into small pieces instead of orris powder, which makes the potpourri look dusty.

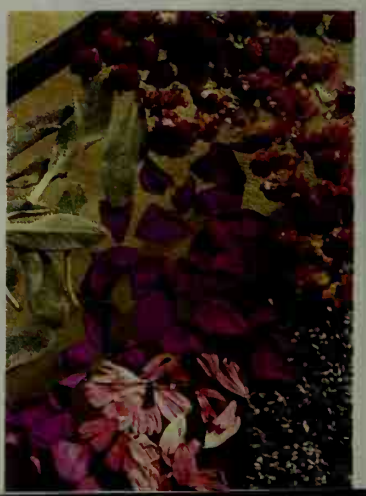
DARROW M. WATT

FRESH-PICKED *flowers and leaves for drying include (clockwise from bottom right) lamb's ears, strawflower, cosmos, princess flower, crested celosia, blue salvia, and gomphrena.*

HOW TO MAKE POTPOURRI

Ashworth collects about twice the quantity of fresh

WINDOW SCREEN *converts to a drying rack for leaves, petals, and whole flowers.*



LIVING ROOM POTPOURRI

- 3 cups pyracantha berries and leaves
- 1 cup acorn caps or eucalyptus pods
- 1 cup sandalwood chips
- ¼ cup chopped orrisroot
- ½ teaspoon sandalwood oil

TRADITIONAL POTPOURRI

- 1 cup lamb's ears or artemisia leaves
- 1 cup gomphrena
- 1 cup pink rose petals
- 1 cup purple blossoms (such as lavender)
- ¼ cup chopped orrisroot
- ½ teaspoon rose or lavender oil

LIBRARY POTPOURRI

- 2 cups orange or red celosia flowers
- 2 cups bay leaves
- 1 cup pomegranate flowers
- 1 cup acorn caps or eucalyptus pods
- ¼ cup chopped orrisroot
- ½ teaspoon bayberry or sandalwood oil

MIXED GARDEN POTPOURRI

- 4 cups mixed flowers
- 1 cup geranium, bay, bottlebrush, or similar stiff leaves
- ¼ cup chopped orrisroot
- ½ teaspoon jasmine, rose, or lavender oil

flowers and leaves that the recipes here call for (2 cups fresh equals about 1 cup dried) and then carefully plucks petals off flowers that aren't used whole, such as coreopsis, cosmos, and princess flower.

She breaks large flowers like crested and plume celosia, salvia, statice, and lavender into smaller pieces or clusters (you can also break salvia and lavender into individual flowers). Small flowers like ammobium and gomphrena are used whole.

Then she lays each flower and leaf flat on a window screen (or a dehydrator tray), allowing plenty of room for air circulation. She sets the screen in a well-ventilated area out of direct sun until the flowers are crispy to touch. Petals take a day or so to dry; whole flowers may take several days, and berries and pods need at least a couple of weeks to dry.

To scent the mix, she places the orrisroot and scented oil in a gallon jar and swirls them around. She allows them to sit for three days, then mixes in the flowers, berries, and leaves. She lets the mix sit for two to three weeks, gently tilting the jar every day or so to distribute the orrisroot evenly.

At the end of that time, Ashworth checks the scent's intensity. If necessary, she adds more oil and lets the jar sit another week. When it's ready, she displays her potpourri in baskets and antique bowls. She also makes sachets (small cloth bags of potpourri) for drawers and closets.

TO ADD FRAGRANCE *to dried mix, chopped orrisroot is scented with oil.*

ASHWORTH'S FAVORITES FOR POTPOURRI

Except where noted, Ashworth uses whole flowers.

Flowers

Agrostemma petals
Ammobium
Blue hibiscus petals
Calendula
Candytuft
Celosia (crested or plume)
Chrysanthemum
Coreopsis petals
Cosmos petals
Feverfew
Gomphrena
Lavender
Lemon and orange blossoms
Lilac blossoms
Marigolds
Pomegranate petals
Poppy petals
Princess flower petals
Rose petals
Rudbeckia petals
Salvia
Shasta daisy petals
Statice
Strawflowers
Sunflower petals
Yarrow
Zinnia petals

Leaves, seeds, and pods

Amaranth seed heads
Artemisia leaves
Bay leaves
Bottlebrush leaves
Boxwood leaves
Citrus leaves
Eucalyptus leaves and pods
Geranium leaves
Herbs
Lamb's ears leaves
Lemon balm leaves
Oak acorns
Olive leaves
Pyracantha leaves and berries

TO ADD SCENT

Look for scented (essential) oils and orrisroot at health food stores. You can also order by mail from ***Nichols Garden Nursery,*** 1190 N. Pacific Highway, Albany, Ore. 97321; (503) 928-9280. Catalog is free. Essential oils cost $3 to $8.50, 2 ounces of orrisroot $4.50 (handling per order: $1.25). ■

By Lauren Bonar Swezey

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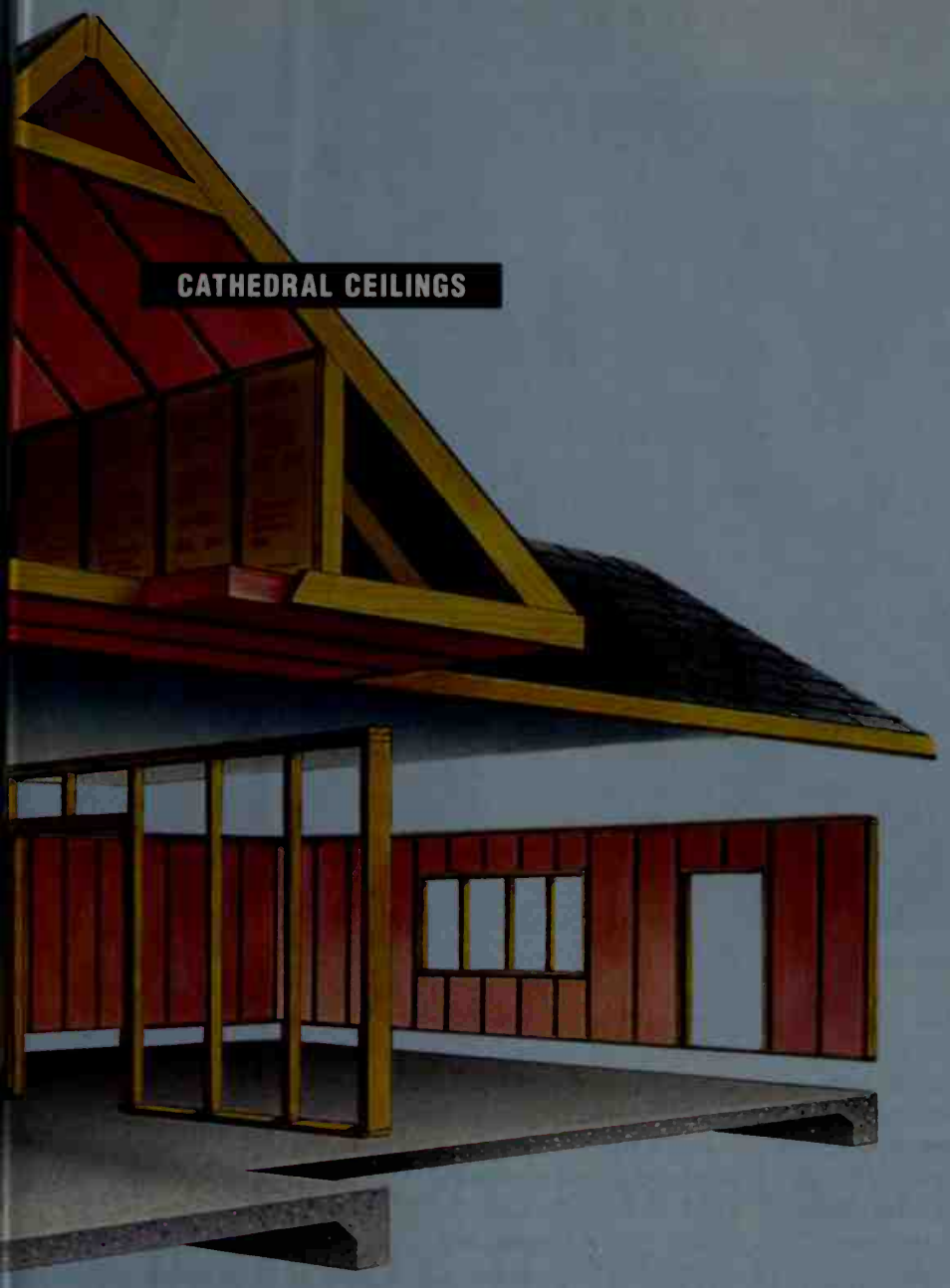

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DARROW M. WATT

SPIKED AND SPIRALED *chartreuse head of 'Romanesco' grows to 8 to 12 inches across.*

Growing your own broccoli—be bold

There's a whole spectrum of forms and flavors beyond supermarket variety

FAMILIAR TYPES OF broccoli that form one central head give commercial growers the most produce per harvest. But varieties with other forms can offer advantages for home gardeners.

Broccoli varieties range across a spectrum. New Japanese hybrids such as 'Premium Crop' form a large central head and fewer or no side shoots, compared with some older varieties like 'Purple Sprouting' that yield a profusion of shoots and no central head. Between the extremes are small-heading types like 'Green Comet' and 'De Cicco' that produce lots of small side shoots after the main head is cut.

To decide what to plant, consider your broccoli needs. If you plan to freeze broccoli, a large initial harvest followed by a smaller one a little later in the season may be most useful. For a steady supply of smaller 2-inch shoots, choose sprouting broccoli that produces for several months.

You can also manipulate the harvest by staggering your plantings, or by planting broccoli with varying days to maturity; the range is 50 to 100 days from transplants.

Among the central-heading types, 'Oktal' has long-stemmed florets especially good for dipping. Color makes 'Violet Queen' and chartreuse 'Romanesco' showy alternatives to common broccoli. 'Violet Queen' makes arresting crudités but turns green when cooked. And, according to Renée Shepherd of Shepherd's Garden Seeds, " 'Romanesco' has more going for it than novel color and conical florets. Its sweet, mild flavor appeals even to those who don't love regular broccoli."

PLANTING AND CARE

Broccoli is a cool-season crop that heads best when plants mature in cool weather; in heat, flower buds open prematurely. Check the *Sunset Western Garden Book* for specific planting times in your climate zone.

Generally, in mild climates, plant in late summer, fall, or winter for winter or early-spring crops. Where summers are cool, you can transplant as late as mid-March for an early-summer harvest. (Order seeds and plant immediately, or wait until late winter to sow seeds indoors for a spring crop.) In cold-winter areas, set out seedlings about two weeks before the last frost.

Although most nurseries sell broccoli plants, choice is limited. For specific varieties,

TEN-INCH HEADS *of 'Violet Queen' and 'Oktal' broccoli are best harvested when buds are tight.*

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SMARTER ENERGY FOR A BETTER WORLD

SECOND CROP *of small side shoots is ready to harvest just one to two weeks after larger head on central stalk was cut.*

plant from seed (see sources below).

It's best to start seeds indoors rather than sowing directly in the garden, because you have more control of temperature, moisture, and pests when seedlings are most vulnerable. Sow seeds in flats four to six weeks ahead of garden planting.

In the garden, choose a sunny spot with fertile soil. Before planting, work in organic matter and a complete fertilizer. With the exception of 'Purple Sprouting', which should be spaced 3 feet apart, plant seedlings 1½ to 2 feet apart in rows, or in a triangular pattern in garden beds; bury stems up to the first set of true leaves. To protect plants from aphids and cabbage worms, cover seedlings with fabric row covers.

Broccoli is sensitive to moisture stress, so water deeply and keep the soil consistently moist. Fertilize once or twice before the flower heads start to form.

For best quality, harvest when flower buds are firm and tight. For maximum production of side shoots from small-heading types, cut the central head when it is no more than 3 inches across.

PURPLE SPROUTING *broccoli produces abundant flower shoots on 3- by 3-foot plant.*

SEED SOURCES

Most mail-order vegetable seed catalogs offer several broccoli varieties. Among these sources, you can order varieties we describe.

The Cook's Garden, Box 535, Londonderry, Vt. 05148; (802) 824-3400. Catalog $1.

Ornamental Edibles, 3622 Weedin Court, San Jose, Calif. 95132; (408) 946-7333. Catalog $2.

Shepherd's Garden Seeds, 6116 Highway 9, Felton, Calif. 95018; (408) 335-6910. Catalog $1. ■

By Lynn Ocone

RENÉE'S WAYS WITH BROCCOLI

"Which came first for you, gardening or cooking?" we asked Renée Shepherd, first-rate cook and president of Shepherd's Garden Seeds. "It's the old chicken-and-egg story," she answered. "The more I garden, the more fresh ingredients I have. And the more I cook, the greater my desire for a variety of fresh ingredients."

These recipes, from Shepherd and her cooking partner Fran Raboff, show off their work with broccoli.

For either recipe, first trim the broccoli. For both head and sprouting kinds, cut off and discard tough ends and coarse leaves. Peel stems if skin is tough. If shoots or stems are ½ inch thick or less, cut into 1½- to 2-inch lengths. If stems are thicker, cut diagonally into ¼-inch-thick slices; cut flowerets into about 2-inch lengths. About 1¼ pounds untrimmed broccoli yields about 1 quart bite-size pieces.

Broccoli–Bell Pepper Sauté with Toasted Pine Nuts

- 3 tablespoons pine nuts
- 4 cups trimmed broccoli (directions precede)
- 1 tablespoon olive oil
- 1 small (about 4-oz.) red bell pepper, stemmed, seeded, and cut into thin slivers
- Salt

In a 10- to 12-inch frying pan over medium-low heat, stir nuts until golden, 6 to 8 minutes. Pour nuts into a small bowl to cool.

To pan on medium-high heat, add broccoli pieces and ¼ cup water. Cover; stir occasionally until the broccoli is tender-crisp to bite, 2 to 3 minutes. Pour into a serving bowl.

Add oil and bell pepper to pan. Stir often until pepper is lightly browned, about 3 minutes. Pour pepper slices over broccoli; sprinkle with pine nuts. Add salt to taste. Makes 4 servings.

Per serving: 96 cal.; 4.4 g protein; 7.1 g fat (1.0 g sat.); 7.1 g carbo.; 24 mg sodium; 0 mg chol.

Piquant Broccoli Salad

- 4 cups trimmed broccoli (directions precede)
- Pimiento dressing (recipe follows)
- 2 tablespoons salt-cured olives such as niçoise or calamata (optional, or salt to taste)

In a 5- to 6-quart pan on high heat, bring 3 quarts water to a boil. Add broccoli; cook, uncovered, just until tender-crisp to bite, 2 to 3 minutes. Drain; immerse in ice water. Drain when cool. If making ahead, cover and chill up to a day. Mix broccoli, dressing, and olives. Makes 4 servings.

Per serving: 42 cal.; 2.9 g protein; 0.4 g fat (0 g sat.); 6.3 g carbo.; 65 mg sodium; 0 mg chol.

Pimiento dressing. Mix ¼ cup **dry white wine** with 1 teaspoon **Dijon mustard.** Add 2 tablespoons chopped **green onion;** 1 tablespoon **white wine vinegar;** 1 clove **garlic,** pressed or minced; and 1 jar (2¼ oz.) **diced pimientos,** drained.

CIAL SUPPLEMENT TO:
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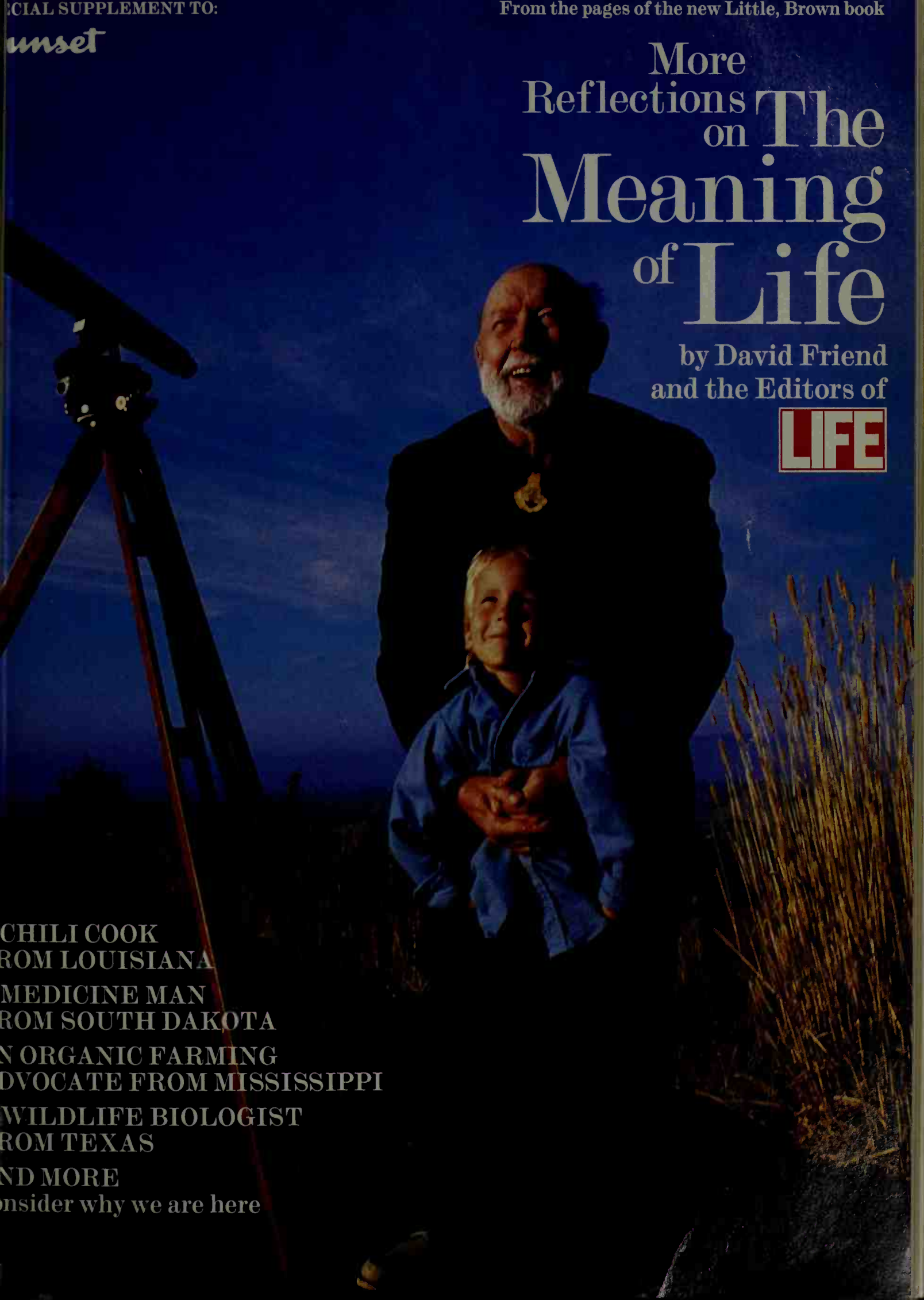
From the pages of the new Little, Brown book

More Reflections on The Meaning of Life

by David Friend and the Editors of LIFE



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nsider why we are here

It is an ambitious and mysterious quest that the editors of *LIFE* are on, searching for "answers" to the ultimate question of this or any age. What is the meaning of life?

That is why Mazda is proud at this time to present excerpts from an inspirational new book, "More Reflections on the Meaning of Life," portions of which you see here. This is the sequel to last year's celebrated collection of photos and essays, "The Meaning of Life."

"More Reflections" takes an even broader perspective than the first volume, dispatching correspondents to the ends of the earth searching for words of wisdom from the well-known and the unknown. And acquiring from the world's premier photographers vivid color images that capture life's very essence.

The result is a mosaic on why we exist from 365 people around the globe. The pictures depict scenes in 36 countries and on the moon. The writings come from men and women in 53 nations.

In the coming months, Mazda will continue to sponsor programs on this theme including a national photography tour.

Because we feel that when you ask better questions, you tend to come up with better answers.

And, reflecting on all that's happened in our world during just the last 365 days, now is a good time to be thinking about this one.

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From
he pages
of the
w Little,
wn book

More Reflections on **The Meaning of Life**

by David Friend and the editors of LIFE

Dan Higgins
ORLANDO, FLORIDA

RECIPE FOR LIFE

Ingredients:

1 U.S. military budget (liquefied)
1 pound dreams
⅓ cup chutzpah
3 cups love
2 cups political action
1 pound fun

Directions:

1. Mix together chutzpah, love, dream political action and fun.
2. Transfer into saucepan and add military budget. Reduce by half over h heat, stirring constantly.
3. Yields health, education and playgrounds for all the world's kids.

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(Ben Cohen and Jerry Greenfield) are the found of Vermont's all-natural ice cream empire

From the pages of the new Little, Brown book

More Reflections on The Meaning of Life

by David Friend and the editors of LIFE

Laundry has always been my rite thing to do. It reminds me a little e—sometimes soiled, sometimes n a'out. But when I hang sheets and h them blow gently in the breeze, n and sweet-smelling, the memories scents of yesteryear flow back wash away all bitterness, sadness and r. Inside myself, all's right with me the world. A clean slate, a fresh sheet, w page in the book of life.

everly Ann Smith

wife, mother of four, and grandmother, in Mantua, New Jersey

You can be as sad as you want or happy as you want. It's totally up to . We Cajuns—all our misery, we going make some happiness out of it, why ? Nobody has ever given me a reason not to be happy. The onliest way ive is to enjoy, giving an honest day's rk for an honest day's pay, and then nes that weekend. That's why we joie de vivre—just enjoy the damn old ng. I think the world has missed ng born a Cajun.

It might have been six or eight years k. I'm sitting reading the Bible, and it d: Look at the birds, who feeds them? as drinking an excellent cup of fee, watching a bird eating in the yard, d right then it dawned on me. I said, ou know, there's a point to this. o feeds the birds if there's not a higher wer? What the hell you worried out? You can't control anything if you ." You are born to die, period. And man ever escaped that but one. Me and u have no control over our destiny so must go enjoy life. Any human can fall a rut and you can't get out and, oh, s awful. And there will come a time when u remember: Saturday afternoon with ts of coffee and French music on evision, Mama dancing on the floor by rself. That's what this life is all out. Oh, man, that was joyous times.

like Morris,

New Iberia, Louisiana, is a chili cook and ot sauce sales representative

I took an old piece of barren soil some years back, and with my mulches and yard clippings and things, I actually watched that plot grow back to six inches of topsoil. It took me three years to restore the earth organically. You could reach in just like reaching your hand into coffee grounds. And it was alive.

I was growing squash on that plot. One day I went and got my little boys, who were playing in their sandbox, and I said, "Boys, sit on this log with me," and we set there and I spread the squash leaves and it was like looking through the canopy of a tropical forest. The squashes were big and my boys was little and they were looking at the little cosmos I had grown there about 10 feet square. We could see insects a-buzzing and a-flying: the plant eaters and the predatory insects. I said to my sons, "I wouldn't spray that for ten million dollars. All the natural processes of life are happening right there." And they looked in amazement.

That's life to me, that whole scene there. We are all in under this canopy. We ain't outside of this thing. As humans, we are the shepherds, the caretakers. We have enormous power, and that's what we're here for: to use that power properly, to walk softly upon the earth, under this canopy of life. My dad always told me: Walk softly. Use this and use that, but restore this and restore that. This is the brilliance that's given to man.

Bob Ferguson,

country music songwriter and television producer, is an organic farming advocate who works for the Mississippi Band of Choctaws

A while back, my son and I were hunting up at Pumpville. There's an old railroad stop there. It was late in the season. Hunting was tough. It got down to about 10 degrees, one of the coldest days of the year. We had the option of staying in a heated trailer with some other hunters. But my son said, "No, Dad. Let's stay in the tent. Let's rough it."

Well, we practically froze to death. We had a fire going, and we let it die down, and then we went to bed. He woke up in the middle of the night. His sleeping bag was wet because his breath was freezing right there close to his face. So he got up and unzipped the tent and stepped outside, and he said, "Dad, Dad. Get up. You've got to see this. This is beautiful." He said, "I can see all the stars."

I just stuck my head out of the sleeping bag because I knew what he was talking about. The stars were extremely bright, and it looked like they had come down to be a little bit closer to us. It was absolutely beautiful. The embers were glowing, and the fire was ringed with limestone rocks. It was all framed beautifully.

That, to me, was life. That happiness that night was what life is all about. It just doesn't get any better. Money could not have bought me what we felt. We were together in sort of a hardship situation, even though we had asked for it. There was beauty. There was companionship. There was wonder in his voice.

Sylvestre Sorola

is a wildlife biologist from Del Rio, Texas

Enjoy everything life has to offer, right up front, because tomorrow may not get here. Maybe this sentiment has come out in me a little bit stronger since the tornado last year. If you'd seen the destruction at the time—the trailer courts were gone, my house was damaged, my office completely destroyed. I'd go home at night and there'd be trees sitting in my living room. It made me realize how short life really is and that there's nothing I want to miss. I'm a person who goes 90 miles an hour, 365 days a year, 24 hours a day. I have raced dirt bikes. I went parasailing and I don't swim a lick. I went jet skiing. I have ridden in a hot air balloon. I parachute out of airplanes. I fly airplanes. Living on the edge doesn't mean living on the edge of death. It means doing as much as I can for as long as I can—and that's what I think we're here for.

If I'm going to die, I want to be a happy person about whom people say, "Ya, she was neat to know and she left a lot behind"—not money or statues but a good feeling. I think it's important to do these things so you die happy.

Teresa O'Dwyer

is the town clerk of Limon, Colorado

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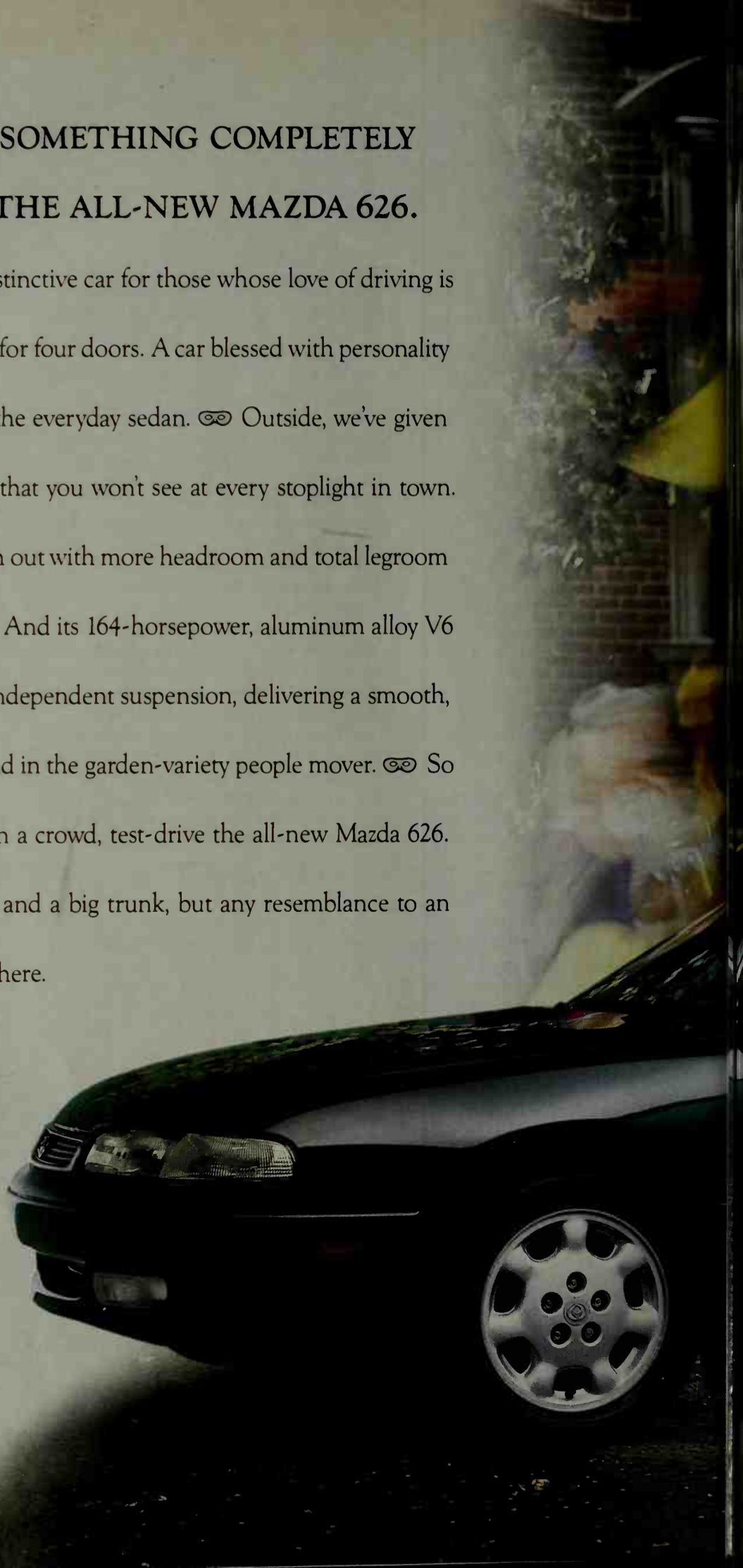
We've created a distinctive car for those whose love of driving is exceeded only by their need for four doors. A car blessed with personality and panache all but lost in the everyday sedan. ∞ Outside, we've given the 626 sleek, liquid styling that you won't see at every stoplight in town. While inside, you can stretch out with more headroom and total legroom than Camry or Accord. ∞ And its 164-horsepower, aluminum alloy V6 is coupled to an advanced independent suspension, delivering a smooth, quick agility simply not found in the garden-variety people mover. ∞ So at the risk of standing out in a crowd, test-drive the all-new Mazda 626. It may still have four doors and a big trunk, but any resemblance to an ordinary sedan ends right there.



THE MAZDA 626 ES

Built at a state-of-the-art plant in Flat Rock, Michigan. 2.5L DOHC 24-valve V6, 4-wheel disc brakes and driver's-side air bag are standard. ABS is available, as well as leather-trimmed upholstery. Best in class 36-month/50,000-mile, no-deductible, "bumper-to-bumper" limited warranty. See dealer for details. To get out of the ordinary, call 1-800-639-1000.*

*Seats upholstered in leather except for rear sides of seatbacks and other minor areas.

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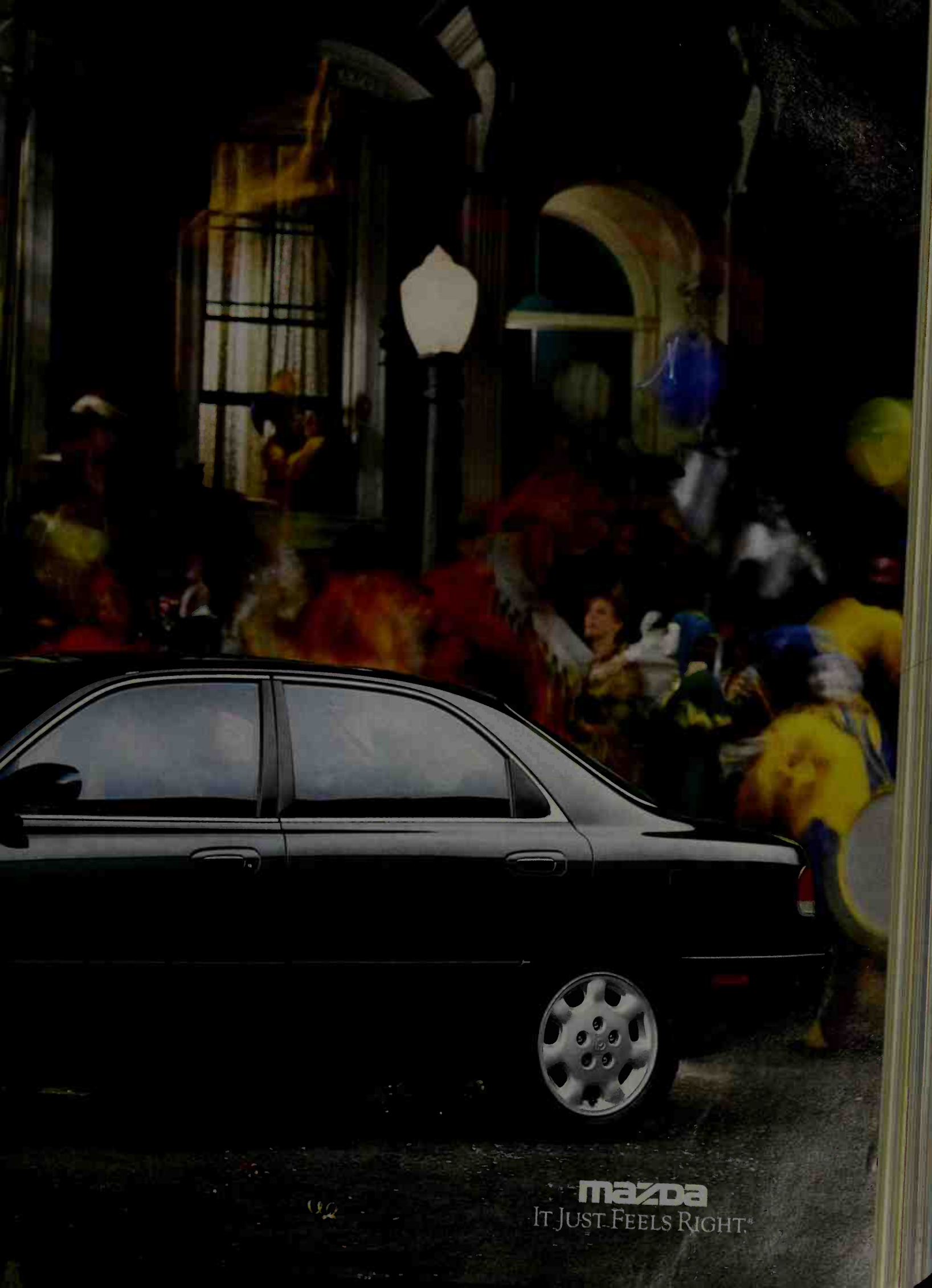
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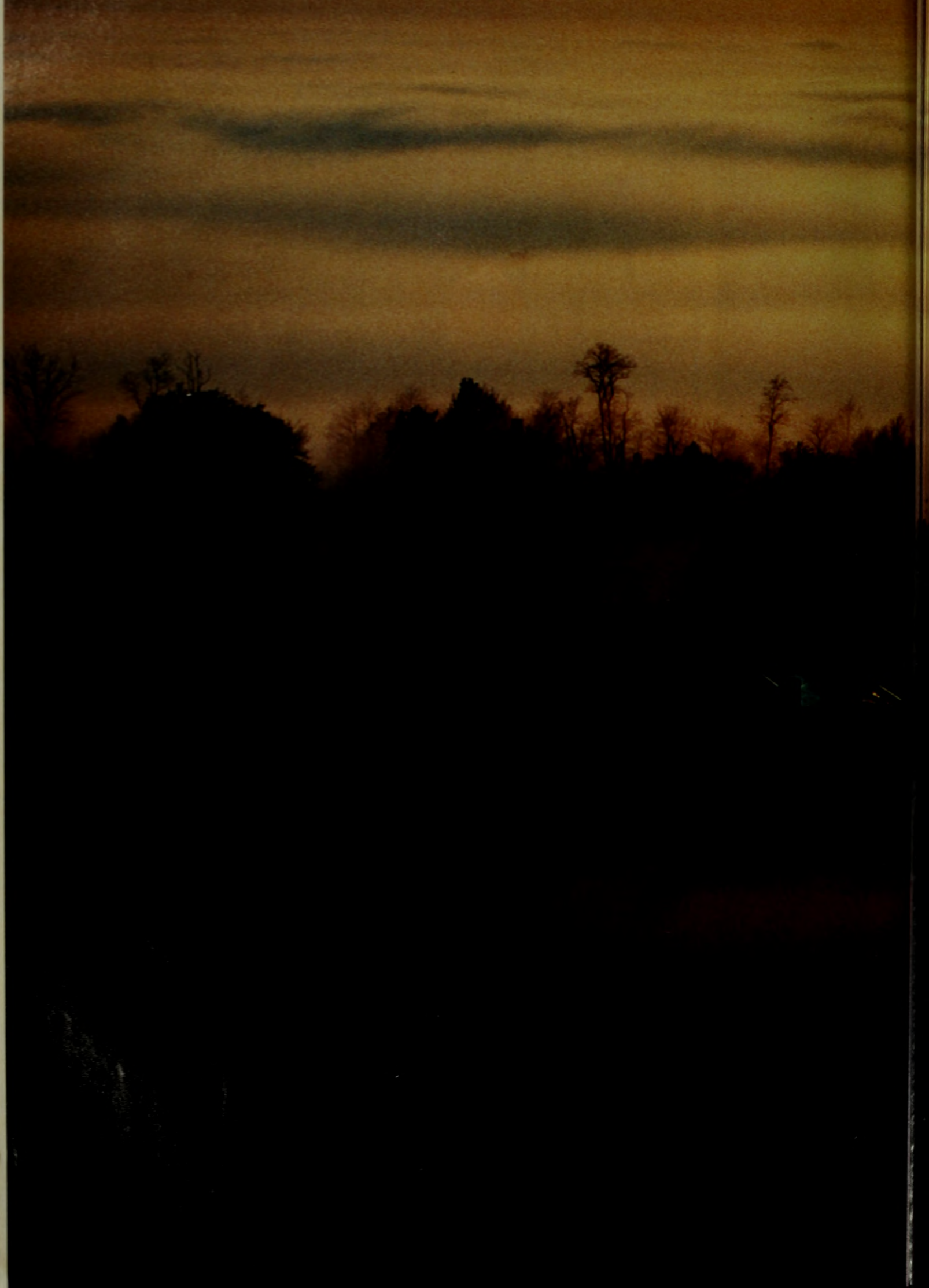

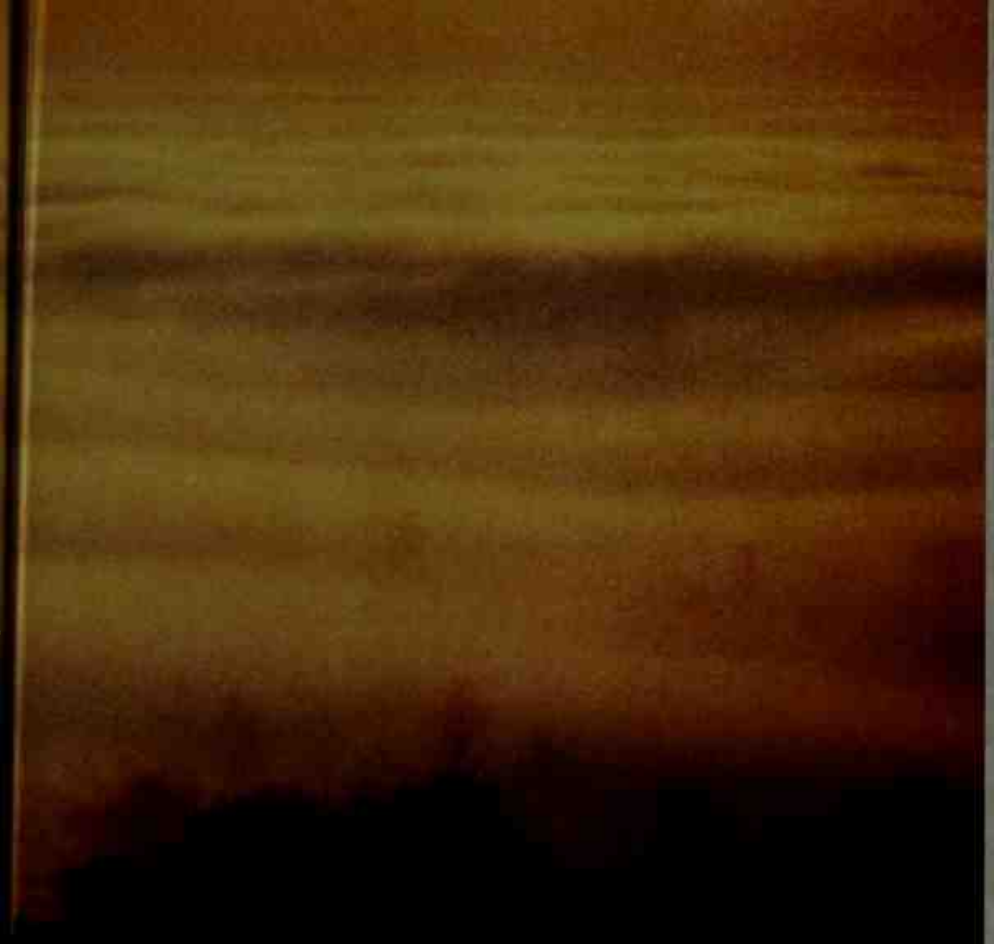

We have one chance. If you do good every day, you will go to the spirit world and see other good people on the other side. If not, you will not see them. There will be a scale in the spirit world. It's going to balance whatever you do. If you do a lot of good, it's going to weigh down the evil world. If the evil side is heavy, you're dead, you're done. There's no chance for you. You're only breath traveling on the wind.

In your life, you must have pity. There are many people on the street nowadays. They ask if you can spare this much. If you give, if you have charity, good thinking, you've done good. You don't have to worry that when they take it they go to the liquor store. That's not you. You did already good.

You have to kind of relax in this hurry life. Sit down for a while. Rest while you're thinking. This will give you time to see straight. Then you will get the idea what life is. You must tell your need in prayer, control your mind from thinking bad ideas and be in contact with the creator, Wakan Tonka. He'll understand what kind of person you are. Nobody around, but you say the word. He has ears that can hear you, long way off. We're like ants, far away. He look down.

In this modern time you have to do your best yourself. That's your answer to "What is life?" You can't depend on people to direct you. You must do it yourself. *Your* doing, *your* thinking. The answers to the meaning of life are inside you.

Joe Flying Bye,
of the Standing Rock Reservation, South Dakota, is a Lakota medicine man

Sam Abell
KENTUCKY SHAKER TOWN AT PLEASANT HILL

From the pages of the new Little, Brown book

More Reflections on The Meaning of Life

by David Friend and the editors of LIFE

Dirck Halstea
COUNTRY WEDDING, VERMO

One thing I always say about how people should live: "When you cast your bread upon the waters, you get back sandwiches." That's the best way to live. Whatever you put into life comes back.

When my husband went to the nursing home—he's 87—it was very hard for us. I was there today, and he said, "You know, I don't know what I would do if you didn't come here every day." I said, "I feel the same way. I couldn't live without seeing you."

Valeria Nunns

has retired from farming and lives in Wahpeton, North Dakota

From the pages of the new Little, Brown book

More Reflections on **The Meaning of Life**

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ENVIRONMENTAL ACTION

Roadside friends adopt a highway

RICHARD MORGENSTEIN

PROUD PETALUMANS *planted daffodils and California poppies along adopted highway.*

DRIVEN BY CIVIC pride, Phyllis Hart wanted to plant flowers under her city's sign on U.S. Highway 101 in Northern California.

As president of the chamber of commerce, she thought visitors ought to be welcomed by a more memorable sight than weeds at Petaluma's city limits. This desire led to her involvement with the Adopt-A-Highway Program and the eventual planting of 30,000 daffodils along U.S. 101.

Long before the first bulbs were planted, Hart discovered that permission from the California Department of Transportation (Caltrans) was needed to plant along the right-of-way. Having anticipated miles of bureaucratic red tape, she now admits, "I even thought of sneaking out in the middle of the night to plant, but then it would have been something to see the chamber of commerce president thrown in jail."

But Hart went legal in August 1989 and found Caltrans very accommodating. The governor had just set up its Adopt-A-Highway Program. It allows a group or individual to "adopt" a section of highway for two years in exchange for keeping it clean of litter during that time. In appreciation, Caltrans places a sign on the highway with the adoptive party's name.

Hart learned that planting under the Petaluma sign was possible if she conformed to the bill's regulations and adopted a 3-acre stretch along U.S. 101. It was more responsibility than she had bargained for, but she doggedly wanted the flowers planted.

Caltrans issued a special permit that allowed for planting, and provided a list of plants that could be grown. To recruit volunteers for the project, Hart sent news releases to two local papers explaining her intent and asking for help.

Community support came from every direction. Initially, she planned to plant a hundred daffodils, but various donations—bulbs from local nurseries and money from merchants and individuals—yielded 10,000 daffodils that November. The area to be planted was plowed the week before by volunteer workers and equipment from the Ghilotti Brothers, a San Rafael construction company.

VOLUNTEERS PITCH IN

Finally, planting day came, and 60 volunteers sprouted up. "Everyone pitched in. What I thought would be an all-day project was done in 2 hours," recalls Hart.

The first spring show of daffodils in 1990 inspired onlookers and spurred more donations. Since then, a total of 30,000 bulbs, along with seeds of California poppy, have been planted at three Petaluma exits off U.S. 101.

Petaluma's proudly planted roadside apparently inspired townsfolk in the adjacent community of Novato, who adopted their own section of highway and planted flowers.

Similar adopt-a-highway programs are now found in all of the 14 Western states. For information, get in touch with the local office of the state highway or transportation department. ■

By Emely Lincowski

Discover the Sauvignon Blanc from Ernest and Julio Gallo.

We invite you to enjoy a wonderful accompaniment to grilled swordfish, our 1990 Sauvignon Blanc. Its crisp, delicate taste enhances the fresh flavors of this dish.

©E & J. Gallo Winery
Modesto, CA

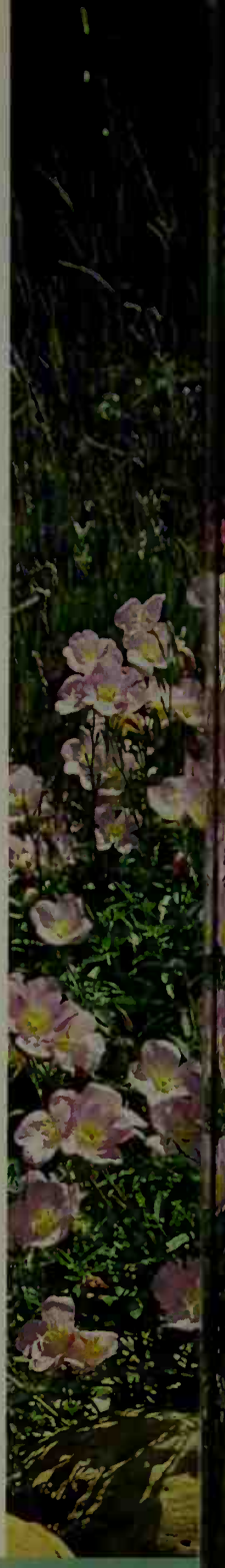
THE NEW *California Gardens* AND GARDEN MAKERS

BURSTING THE BORDERS OF TRADITIONAL GARDEN beds, perennials are taking over Western gardens. Gone are unbroken expanses of lawn, sweeps of juniper, and boxy green foundation plantings edged with flowers. Gaining are perennials that scramble in amiable disarray, bloom with colorful exuberance—and demand little in the way of water, pesticides, or maintenance.

Increasingly, California gardens are reflecting the shape and shades of the land, as well as the muted seasons, which flow seamlessly from spring through late fall. As growers and nurseries broaden the choices of colorful, durable plants, easy-care perennials and shrubs are becoming the star performers; planted singly or en masse, they bloom in casually orchestrated sequence for year-round interest.

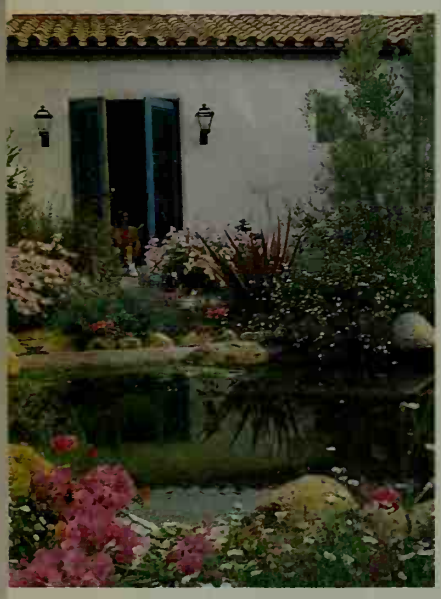
On these six pages, we show three new California gardens that show off perennials; their creators share insights into their designs.

"It's a Mediterranean bouquet," landscape architect Carmen Allison says of the flowerful pondside garden pictured here, which she designed for Victoria and Myron Liebhaber of



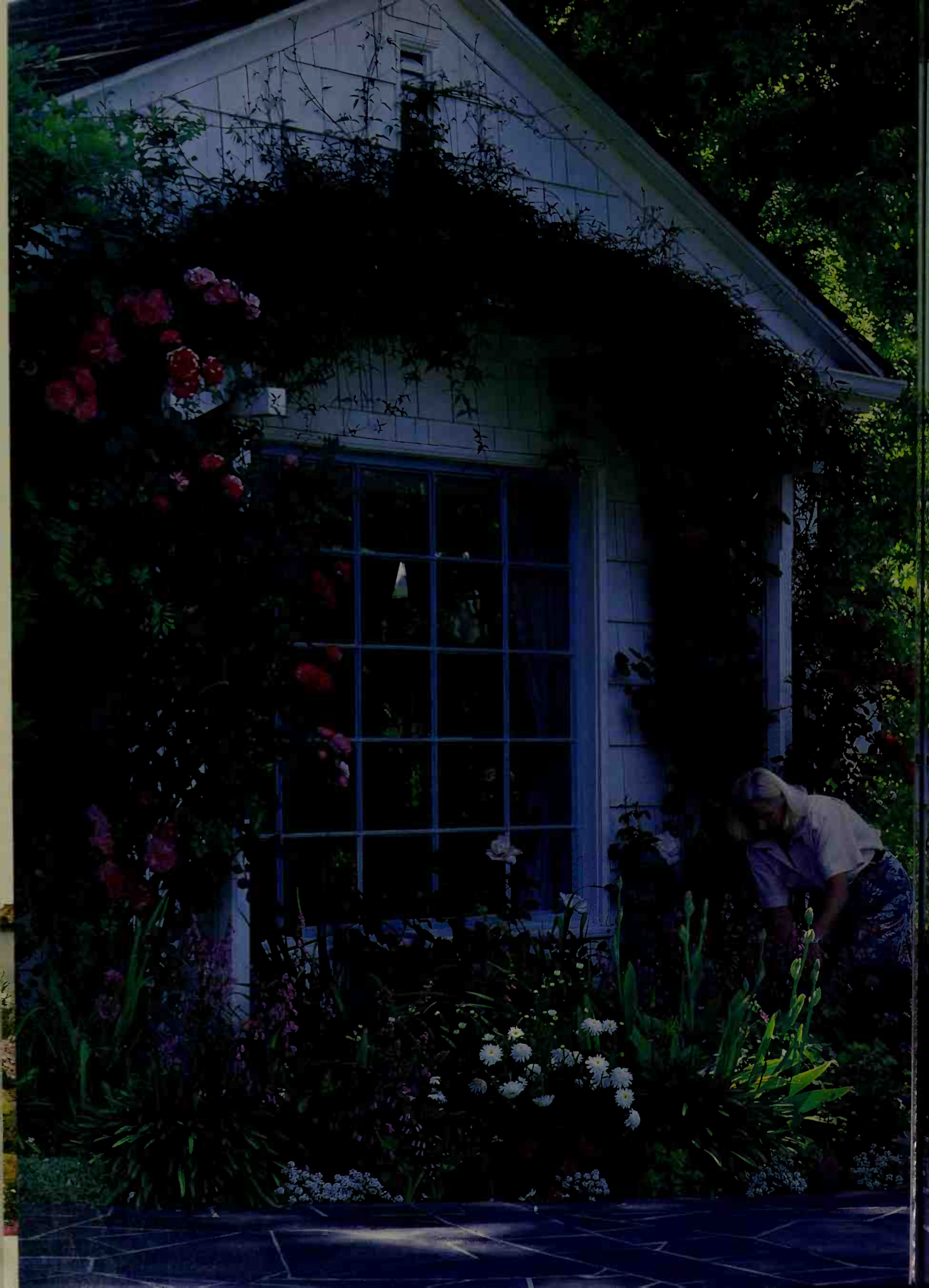
CHAD SLATTERY

MEDITERRANEAN BOUQUET. *Pink Mexican evening primrose and purple lavender highlight plantings along pathway (right). Below, bougainvillea, spiky New Zealand flax, and blue ground morning glory reflect in pond's quiet waters.*

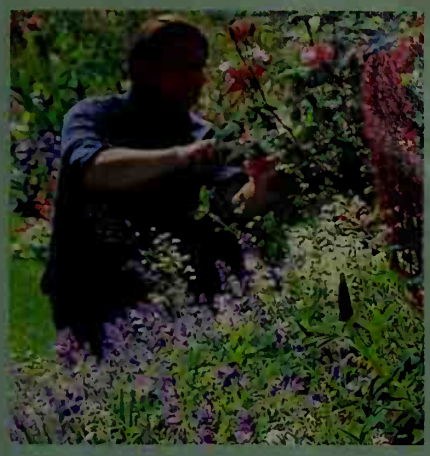


"We Westerners no longer have the luxury of imposing resource-consuming garden styles from wetter climates onto our own arid land. By using appropriate plants, we have tremendous potential to create distinctive California landscapes. I designed this garden to respond to the surrounding natural environment."

CARMEN ALLISON, *landscape architect*



"In this mild-winter garden, the challenge was to provide an ebb and flow of color throughout the year. Because perennials constantly change with the seasons, they make the garden more dynamic and provide much more interest than green shrubbery does."



RICHARD AKERS, *garden designer*

PETER CHRISTIANSEN

Santa Barbara. "The exuberant color, sun-bleached rocks (collected on the site), and fragrant lavender evoke images of the warm hills of Provence, southern Spain, or a Greek island." But while the landscape recalls scenes from distant lands, Allison acknowledges, "I tried to create a garden appropriate to our arid Southern California climate and compatible with the surrounding native oak woodland."

The curving tile walk is framed by a colorful mix of perennials, including loosely mounding Mexican evening primrose, lavender with branching flower spikes, mat-forming *Scaevola* 'Mauve Clusters', and shrubs like mounding 'Rosenka' bougainvillea.

Perennials usurp the place of more traditional shrubs and ground covers in the Orinda, California, garden pictured at left. Beneath the house windows, where staid shrubs might easily grow, perennials combine to create the spontaneous, bursting-with-bloom look of a window box. And throughout the garden, masses of perennials function artfully as dividers, separating different outdoor spaces from each other.

Garden designer Richard Akers took a hands-on approach in creating the country look: "After determining the clients' wishes and making a plant list, I designed with the actual plants in the garden—where I strongly felt the spirit of place—instead of on paper." Working with a palette of lavender, pink, and white, with occasional hints of yellow and red, Akers created a tapestry inspired by English cottage gardens.

He grouped plants in repeating themes throughout the garden to keep a cohesive look. For color impact, he chose plants that would be dominant in different seasons—Siberian and bearded iris for abundant drifts in spring, for example, followed by clusters of penstemon beside salvias and 'Bonica' roses. For high-visibility spaces, he recommends plants with longer bloom periods—such as penstemon, diascia, and salvia.

Akers is a firm believer in using plants adapted to California's dry climate. "Such a wide range of plants is available here," he says, "that we can achieve traditional effects with

SALVIA *contrasts with light blue bellflowers and pink roses.*

FOUNDATION PLANTING *(left) includes white Shasta daisies, bearded iris, spiky pink penstemon, and purple-flowered true geranium.*

SEA OF BLOOM *laps at edges of garden deck. Orange euphorbia grows in foreground; Mexican evening primrose, penstemon, nepeta, and santolina grow behind.*

SWIRLS *of blue-flowered lavender and nepeta encircle brick path (far right). Freeform beds that surround it contain pink and white roses, other shrubs.*

locally adapted materials. For spires of blue, gardeners in dry climates can substitute *Salvia guaranitica* for the much thirstier delphinium."

Sarah Hammond's garden, near the Marin County coast in Northern California, reflects her passion for plants. Drifts of blue-, pink-, white-, and lavender-flowered perennials combine with gray- and silver-foliaged plants to create a visual delight that changes with the seasons.

Hammond, a horticulturist and garden designer who thrives on sharing ideas from her garden, changes plants the way some people change clothes. "My garden is experimental," she explains. "I search other countries to find interesting plants for Western gardens, then grow them to see how they work in this climate. I combine plants to complement each other." Since she is a consultant for a local nursery, plants that pass the test in her garden usually find their way into the nursery trade.

Hammond borrows from the English garden style by incorporating such elements as loosely clustered perennials, garden paths designed for vistas—that terminate at reflecting pools or trellises—and well-placed benches that invite relaxation and contemplation. But she infuses her garden with Western flair; the paths that curve gently through a billowy sea of perennials lack formality.

Perennials divide the garden into discrete spaces, like outdoor rooms. Strategically placed old roses and shrubs like abutilon and buddleia provide the living boundaries. The garden is lawnless; a mulch of fine bark covers exposed soil between plants.

Hammond's favorite plant combinations? Masses of lavender and nepeta accented with clouds of white annual *Omphalodes linifolia* (a baby blue eyes look-alike), and apricot pink hybrid musk rose 'Penelope' with geranium 'Johnson's Blue'. ■

By Emely Lincowski, Lynn Ocone

NORMAN A. PLATE

SARAH HAMMOND, *horticulturist and garden designer*

"It's not whether you like a plan but how well it combines with othe that counts. Plants playing agains each other—like the lavender and nepeta that send a swirl of blue through my garden—often create greater beauty than ones displaye for their own merits."

Rodeo

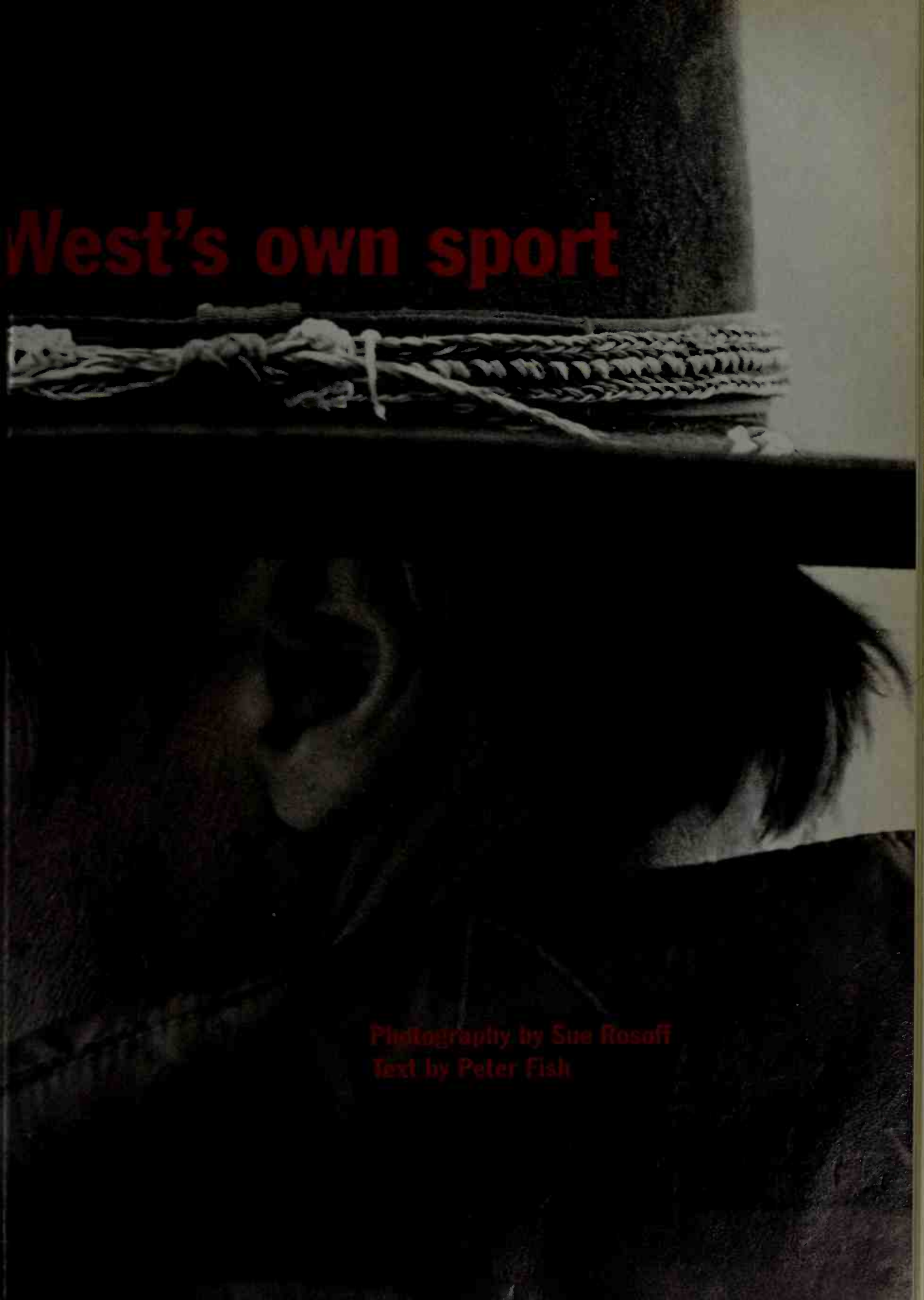
A pictorial tribute to the

Cowboy up. That's what a calf roper or saddle bronc rider calls getting ready to ride. Time to pull on the boots, check the stirrup fit, figure-eight the torn-up knee with tape, climb in the saddle. Time to cowboy up.

Photographer Sue Rosoff has spent the last 10 years chronicling the cowboying up of rodeo riders like Montana's Terry Zaharko, at right. In that time, she's witnessed a remarkable change: the rodeo cowboy has become a professional athlete.

The signs are many. Before, he was likely a ranch hand who didn't even stumble through high school. Today he may well have graduated from college on a rodeo scholarship. Before, he disdained as unmanly such niceties as stretching before an event or icing sore muscles afterward. Now he tends himself as diligently as a Baryshnikov or a Michael Jordan. And though, before, there was many a night he didn't see bed, the stakes are now such that he must wake bright-eyed and steady of gait every morning. Well, nearly every morning.

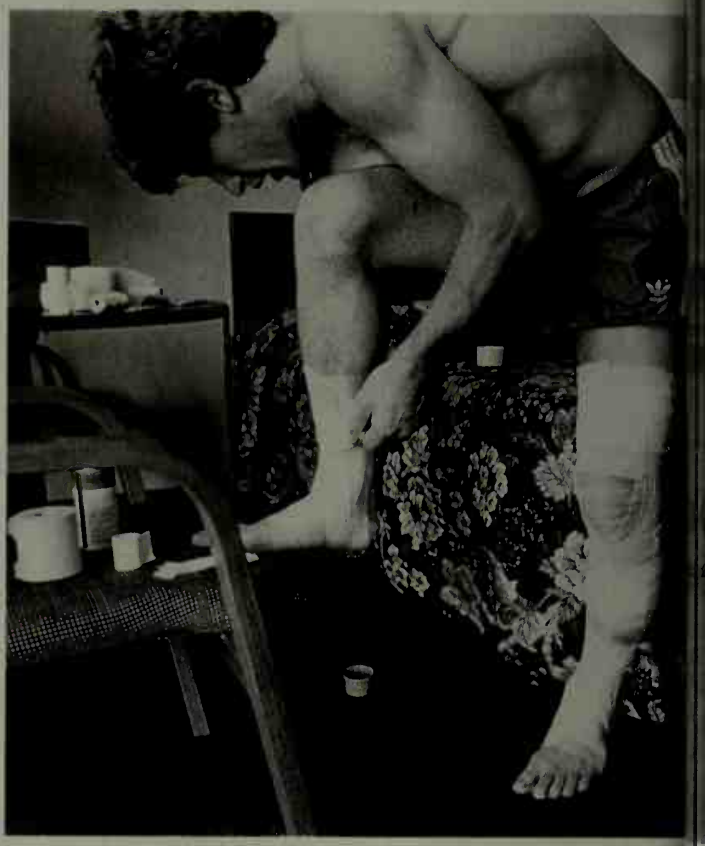
West's own sport



Photography by Sue Rosoff
Text by Peter Fish

The Professional Rodeo Cowboys Association estimates that about 400 cowboys rodeo full time, and another 8,000 do it as day jobs and pocket money permit. Each rodeo win earns a cowboy dollars—say, $300 at a county fair, $5,000 at October's Grand National in San Francisco. Only the 15 top-dollar athletes in each of eight events—calf roping, bull riding, and six others—compete in the biggest and richest contest of them all, the National Finals, held in Las Vegas in December.

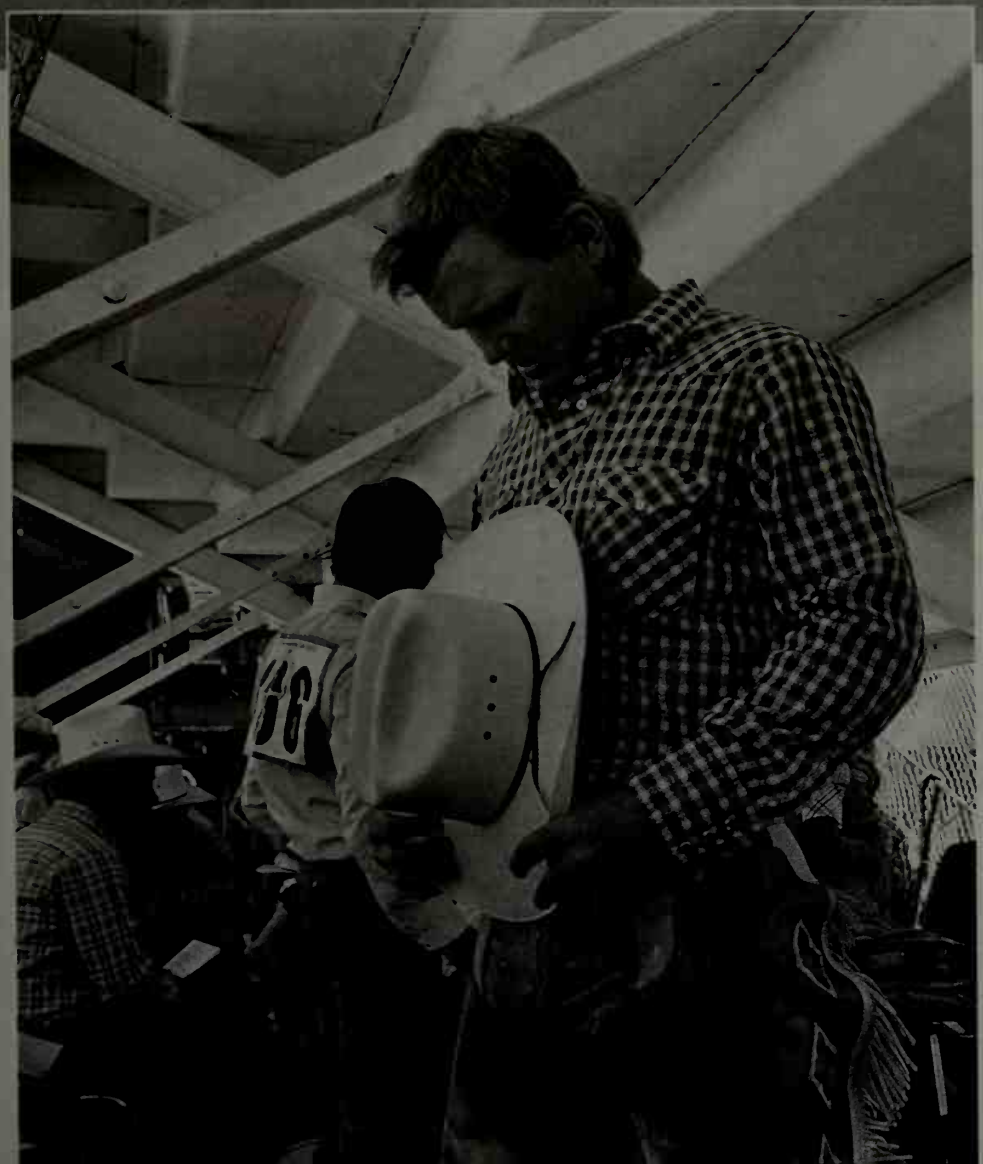
"Being a rodeo cowboy takes ambition, drive, and passion," says Rosoff. "You're always gambling on yourself." Despite rodeo's modernization, that gamble is still what cowboying up is all about.



Time of preparation

To make it to Las Vegas, you must train, you must endure. Like Mike Flenniken, you rope imaginary calves in an Idaho barn. You crowd four or five or six cowboys into your Lincoln to drive the 18 hours from Saturday's rodeo to Sunday's. Once there, you bandage the parts of you damaged last night, last week, or last year. You stretch. "Stretching is especially important to bull riders like Rob McDonald here," says Rosoff. "They're small guys trying to get their legs around a big bull. So they do yoga. Of course, if you told them they were doing yoga, they'd stop."

And because you have to look sharp out there, right before you ride you check the crease of your hat.



Moment of glory

Eight seconds. That's what they give you to clamp your legs to a 1,700-pound bull, or hang onto a bucking saddle bronc. Eight seconds. Most cowboys don't make it.

And what about the hide-covered half of the partnership? While humane associations oppose rodeos, Sue Rosoff says she's formed a different opinion hanging around ranches and PRCA-sanctioned rodeos (the subject of all her photographs). Rodeo animals, she believes, aren't usually mistreated because they're too important to mistreat. "In scored events, the horse or the bull earns 50 percent of the points and the man earns 50 percent. Without the bovine and equine athletes, there would be no cowboy athletes."

Ride good, friend

In the end, what you can win at a rodeo—if you're supremely skilled and very lucky—is a gaudy title and a belt buckle commemorating same. But even the cowboys for whom these prizes lie out of reach get to savor a camaraderie unique in big-time sports, as Mark Cotter, Doug Vold, and Darrell Barron are doing at Cheyenne Frontier Days, above.

"These people really care about each other," Rosoff says. "All the top riders travel together. They're there for each other. When they're out on a horse you can hear their buddies hollering from the chutes, 'Ride good, ride good, you know you can.' " ■

Safety vs. history

Can we save our architectural heritage when it's threatened by earthquakes?

By Peter Fish

John Merritt was preparing a speech in Eureka last April 25 when he felt a sensation Californians know all too well: a tentative trembling, a groan of beams, the creak of doors, then the rocking and rolling that makes you lunge for stable ground that no longer exists.

What Merritt was experiencing, he later learned, was the Cape Mendocino earthquake—a 7.1-magnitude temblor that helped make this year one of the shakiest in California memory. As it happens, Merritt possesses a more than casual interest in temblors and their effects. Executive director of the California Preservation Foundation, he was in Eureka for the foundation's annual convention. A session focusing on the threat earthquakes pose to historic buildings was on the agenda for that afternoon.

Merritt rushed to one of the convention sites, Eureka's 1922 Masonic Temple. He discovered that the building and the assembled preservationists had survived the shake nicely. But soon reports of more severe damage began filtering in from the historic village of Ferndale, 18 miles south. "We canceled our seismic safety session and sent the leaders down to Ferndale to help," recalls Merritt. They found the town severely battered, with many Victorian houses knocked off foundations and the turn-of-the-century brick grocery store in ruins.

JOE CEMPA/BLACK STAR

Ferndale "We spend money to restore old buildings but not to keep them standing."

Though Ferndale appears to be on the road to recovery, its ordeal raises some troubling questions—the same questions the California Preservation Foundation's convention was set to discuss when the Cape Mendocino quake interrupted. Over the last 20 years or so, the West has rediscovered the worth of its architectural heritage. Historic buildings have been painted, polished, and put to new uses. But in our quake-prone, fault-laced region, can they be made safe? Can they be saved? What happens when history stands on shaky ground?

In Santa Cruz, "a nightmare"

To understand just how much history can be erased by a quake, head to the resort and university town of Santa Cruz, California. Starting in the early 1970s, the city earned a national reputation for putting its older buildings to new uses in imaginative ways—particularly downtown, where restored 19th- and early-20th-century commercial structures lined Pacific Garden Mall. The mall's centerpiece was the Cooper House, built in 1894 as a county courthouse; the turreted brick edifice had been converted to hold shops and restaurants. "Ask anybody where the center of Santa Cruz was," one resident recalls, "and they'd say Pacific and Cooper streets. The Cooper House."

That center stopped holding at 5:04 P.M. on October 17, 1989. The 7.1-magnitude Loma Prieta earthquake rippled outward from its epicenter 10 miles northeast of town. Within seconds, 27 downtown buildings—many of them landmarks—were destroyed or made uninhabitable. Three people were killed.

The California Office of Emergency Services sent in teams of volunteer engineers to assess the structural damage done by the quake, and to help the city decide which downtown buildings were hazards. But not all the engineers were equally versed in surveying historic buildings, and not all agreed on what should be done. As aftershocks rumbled through town, history took a backseat to

concern for public safety.

"It was a nightmare," remembers Patricia Calvert, executive director of the Downtown Association of Santa Cruz. "Demolitions began almost immediately. Stores were knocked down with their merchandise and cash in the till still inside."

Of all downtown buildings, the Cooper House stirred the most anguish. No one had been injured in the former courthouse, and seeing it from the outside, many Santa Cruzans believed it had withstood the temblor as magisterially as it had withstood the 1906 San Francisco earthquake. That opinion was shared by some of the inspecting engineers. But others declared the former courthouse so damaged that repairs would be prohibitively expensive—and its owner concurred. And so, nine days after the Loma Prieta quake struck, a wrecking ball finished the job the quake had begun. Hundreds gathered to view the demolition, many brushing away tears—a fitting response to what was, in essence, a death in the family.

RICHARD MORGENSTEIN

Santa Cruz "It was a nightmare. Demolitions began almost immediately."

The frailty of masonry

Santa Cruz was quake-vulnerable on two counts. Its 19th-century settlers had built the city on the banks of the San Lorenzo River, where alluvial soil amplified the 1989 quake's ground motion. And downtown's charming one- and two-story buildings rose long before architects knew much about designing structures to withstand earthquakes.

Engineers classify buildings like those along the Pacific Garden Mall as URMs—unreinforced masonry buildings. In California, most URMs date from before 1933, when the devastating Long Beach earthquake inspired tougher state building codes. In other states, they continued to be built for decades, and in many places constitute a greater percentage of the building stock than they do in California.

Other categories of buildings are also prone to life-threatening damage in earthquakes. Among them are nonductile concrete-frame structures like Oakland's Interstate 880 Cypress structure, and older concrete "tilt-ups" common in industrial parks. But URMs have drawn the most attention from policymakers, because they tend to fail in predictable ways when an earthquake hits. Their upper-story walls are frequently thinner and anchored less firmly than those of lower stories, making upper stories more likely to collapse. Parapets fall. Masonry veneer peels. Where two buildings of unequal height stand side by side, they bang together with destructive results.

That's what happened in downtown Santa Cruz three years ago. That's what happened in downtown Whittier in 1987, and in downtown Coalinga in 1983. And unless protective measures are taken, that's what will happen in the many other California cities that have a share of the state's estimated 30,000 URMs. Other regions are vulnerable, too; in Salt Lake City, on the Wasatch Fault, URMs make up a full 60 percent of the city's residential structures.

In 1981, Los Angeles passed an ordinance mandating a survey of all unreinforced masonry buildings; structures then had to be strengthened or demolished. The California Legislature followed suit in 1986, passing a bill ordering each city and county in seismic zone 4 (the most quake-prone) to inventory its URMs and establish a program to minimize hazards. In 1990, the state officially recognized standards for seismically strengthening URMs.

While preservationists applaud the intent of these standards, they worry that the standards may doom valuable older buildings. Once a building is designated as a potential hazard, banks are loath to give loans on it, insurance companies to offer coverage. Faced with a choice between fixing older buildings up or tearing them down, owners often think it cheaper and easier to choose the second option.

Saving our best . . .

The good news is that earthquake hazards can be significantly reduced in URMs and other older buildings. That's fortunate, because their numbers include some of the West's greatest architectural treasures.

Throughout the West, and especially in California, engineers and architects are employing state-of-the-art techniques and technology to help landmarks withstand the next, inevitable shaking. Some examples:

• The Richardsonian Romanesque Salt Lake City and County Building, built between 1892 and 1894, now rests on a series of base isolators designed to work as

MARTHA WOODWARD

Pasadena "The most important thing is to protect against falling hazards."

shock absorbers against ground motion. This was the first application of such technology to a U.S. historic landmark; it's now being tried on Oakland's 1914 Beaux Arts city hall.

• The Stanford University Memorial Church, heavily damaged in the Loma Prieta quake, will reopen this fall after a $6-million retrofit. A new steel-and-concrete diaphragm joins the building together, while the fragile mosaic angels at the top of four interior columns now soar with the aid of new fiberglass backing.

• In Los Angeles, the five-story Bradbury Building has undergone a $2-million retrofitting that braced upper walls and parapets while preserving its iron-balconied interior courtyard.

. . . But what about the rest?

These are shining examples, but, some people argue, unusual ones. Buildings like Memorial Church or the Salt Lake City and County Building are much noticed and much loved. It's relatively easy, as these things go, to raise public interest and monies to save them.

But what about lesser-known historic structures? Buildings that may not dominate a city skyline but do give a city character? These buildings inspire the fiercest debate. Engineers and public officials would rather err on the side of safety; preservationists want to ensure the preservation of every building that can be preserved.

Some engineering experts maintain we must resign ourselves to losing many of these older structures. "I love old buildings," insists Peter Yanev, San Francisco structural engineer and author of *Peace of Mind in Earthquake Country*. "But from the financial perspective it's often impossible to preserve them." Fred Turner, URM program manager for the California Seismic Safety Commission, agrees: "We have to direct resources to our most precious buildings."

Preservationists disagree. "Our buildings aren't of landmark quality," admits City Councilwoman Judy Wright of Claremont, California, who has worked for the preservation of her city's downtown. "But it is the collection of them that makes downtown significant. That's what we have to keep."

When preservationists make this argument, they cite neighborhoods like Old Pasadena. The 12-block district used to be a collection of secondhand stores and adult theaters—a textbook case of a blighted downtown. But in the 1980s city planners fought back hard, designating Old Pasadena a redevelopment district, adding parking and landscaping while emphasizing preservation. The effort worked. Today, restored shops, restaurants, and theaters draw visitors from around Southern California. Says city planning director Donald Nollar, "Pasadenans feel that our whole economy is based on an image that includes the historic character of the city. If we let that be destroyed, our one great advantage over other cities is gone."

But many of Old Pasadena's turn-of-the-century buildings are unreinforced masonry. Can these buildings be protected at a price that property owners can afford?

Yes, says structural engineer Mike Krakower of Kariotis & Associates, a South Pasadena–based firm that has worked on the retrofitting of many Old Pasadena buildings. "People think you have to have a quakeproof building. There is no such thing. But you *can* eliminate life-threatening features and have a repairable build-

AFTER THE QUAKE: LESSONS LEARNED

What happens when the ground stops shaking? According to John Merritt of the California Preservation Foundation, that's when many historic buildings are needlessly lost—simply because no one realizes they can be saved.

Merritt's group studied the response of Northern California communities after the 1989 Loma Prieta quake. They found that the few days immediately following the earthquake were understandably a time of confusion. Buildings were surveyed by teams of volunteer engineers, many unfamiliar with historic structures. "A kind of postquake hysteria sets in. Decisions are made with less than adequate judgment," says Merritt. "And the decisions are, frequently, to demolish."

For a good example of postquake coping, preservationists look at Los Gatos. This affluent suburb west of San Jose suffered greatly in the Loma Prieta earthquake. Damage was estimated at $250 million. Among the thousand buildings damaged were a number of historic structures in the city's chic, restored downtown.

But unlike many other quake-battered cities, Los Gatos thought long and hard before allowing buildings to be torn down. "Our city council was real clear what they wanted to do," says Scott R. Baker, director of building

ing," argues Krakower. "The most important thing is to protect against falling hazards." Walls can be anchored to roofs, to floors, to ceilings. Parapets can be braced with steel. When a quake strikes, the building may suffer cracked walls, and it may even be severely damaged—but it won't collapse.

More conservative engineers caution that even state-of-the-art seismic strengthening can't ensure an earthquake-safe environment. "People have to remember that we can only reduce hazards, not eliminate them," says Fred Turner. "What our standards do is significantly reduce the chances of a large number of bricks falling. They can't eliminate the chance that ten bricks, or one brick, will fall. In a major earthquake, we're likely to see loss of life even in reinforced buildings."

Towns without a heart

What are acceptable risks? How much history is worth saving? These questions lie at the heart of the debate over historic buildings and seismic safety, and the opposing camps are far from agreeing on the answers.

Preservationists and engineers do agree, however, on the biggest obstacles. One is economic. While experts argue that retrofitting is less expensive than property owners think, many property owners still believe that any retrofitting is more than they can afford. Says John Merritt, "It's easy to say, save the old buildings. But that's like me telling you, go learn ancient Greek. Unless there's something in it for you, you're probably not going to do it. Unless cities can help bail out private property owners, you'll lose a lot of buildings."

Some cities have tried to help. Torrance and Long Beach have offered loans for retrofitting, and Hayward is about to begin such a program. San Jose offers outright grants. In November, San Franciscans will vote on a $350-million bond measure that would fund retrofitting of the city's 2,000 URMs. But many other recession-pressed California cities have offered little assistance. As for quake-prone cities outside California, few have even begun to address the problem.

The other obstacle is more nebulous—but as paralyzing. That's our belief that, despite all evidence to the contrary, an earthquake won't strike our town, won't destroy our landmarks. Says Fred Turner, "People think that if you have your building declared a historic landmark, the quake will spare it. But things don't work that way." Says Peter Yanev, "I found what happened in Ferndale tremendously frustrating. We know how to preserve these buildings. But we don't do it. We spend so much money to restore old buildings, but we don't spend money to keep them standing."

The stakes are high—nothing less than what our cities will look like for our grandchildren. Visit Santa Cruz today and you'll see a downtown slowly coming back to life, with a renovated Pacific Garden Mall slated to open in December. But whatever downtown becomes, it will not be the same place it was before October 17, 1989. It will not be a national historic district—that distinction was removed last year because so many historic buildings were gone. And it will not have a Cooper House to be the heart of town.

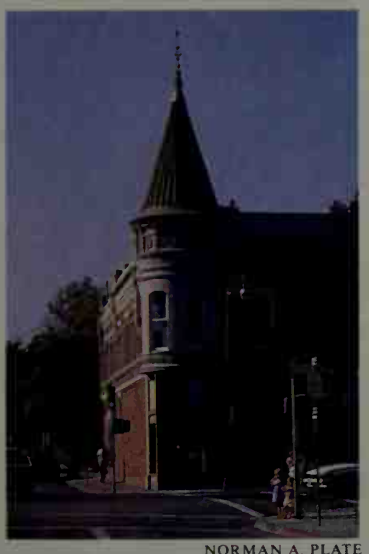
"Remember," says Peter Yanev, "there are now plenty of California cities with safe downtowns. Santa Cruz. Whittier. Coalinga. These are safe towns because, thanks to earthquakes, there are few or no historic buildings left anymore. My advice is, fix up your old buildings now, so you don't have to tear their ruins down later."

For more information

History at Risk, by John F. Merritt, details how cities can safeguard their historic buildings and neighborhoods against earthquakes. The report is available for $12 from the California Preservation Foundation, 1615 Broadway, Suite 705, Oakland 94612; (510) 763-0972.

Peace of Mind in Earthquake Country, by Peter I. Yanev (Chronicle Books, San Francisco, 1991; $14.95), is the best introduction to earthquake threats to buildings and how best to mitigate them. ■

FROM LOS GATOS



NORMAN A. PLATE

and engineering services. "First, they recognized that our historic buildings were a positive aspect of the community. They wanted to save every possible building that could be saved. The idea was, when in doubt, rope it off."

An Earthquake Restoration Committee was formed to help property owners repair their buildings. The committee offered technical assistance and aid in obtaining grants and loans, and, in some cases, it talked owners out of demolishing buildings.

The result? Los Gatos lost only three of its historic buildings. Many of the surviving landmarks have been retrofitted to be as good as—or better than—new. And if you visit downtown Los Gatos today, it doesn't look much different from the way it did before October 17, 1989. Which is just the way the city wants it.—*P.F.*

Self denial? me?
ha.
BREYERS
NATURAL
NEW FLAVOR!
light
SWISS ALMOND FUDGE TWIRL
So real, you can taste it.
Pure vanilla. Pure cocoa. Pure taste.
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The game that won the West

Western college football is more than a game. It's traditions and tailgates, beautiful stadiums, blue skies filled with footballs. Here's a special 1992 guide

Cal tailba
Russell Whit
be the best in
West this year.
OTTO GREULE, JR./
ALLSPORT USA

PHIL SCHERMEISTER/ALLSTOCK

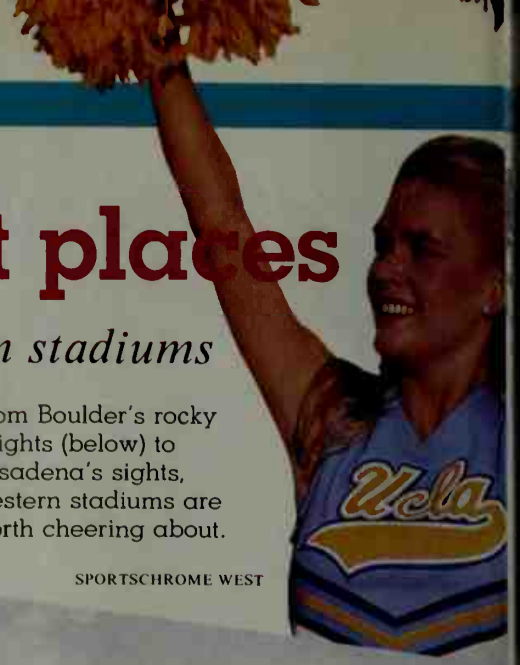
BRIAN DRAKE/SPORTSCHROME EAST-WEST

RENEE LYNN

Body art in the stands, tailgate feasts around the stadiums—Westerners are doggone show-offs.

Great games in great places

Scenery and tradition rival the action in Western stadiums



From Boulder's rocky heights (below) to Pasadena's sights, Western stadiums are worth cheering about.

SPORTSCHROME WEST

TIM DEFRISCO/ALLSPORT USA

Between the 40-yard lines, 20 rows up, you'll get a great view of any football game. But high up in the "nosebleed" seats at many Western stadiums, you get an entirely different kind of observation post: you're presented with scenery so awesome that the football game being fought down on the field is almost distracting.

With apologies to a score of other legitimate contenders, we narrowed the field to our six favorite places to catch a game; we'll even forgive the artificial turf at Cal, Colorado, and Washington. It doesn't hurt that these half-dozen are the home fields of, lately, some very good teams.

If you find yourself stranded in Los Angeles, Denver, Seattle, Phoenix, or the Bay Area over a weekend this fall, it might be worth running out to Pasadena, Boulder, the U. District, Tempe, Berkeley, or Palo Alto, and taking your chances at the ticket office (or striking a bargain with a local "entrepreneur"). If it's a clear day, at least the view won't be disappointing.

The Rose Bowl, Pasadena. Nestled into the parklike surrounds of Arroyo Seco, the Rose Bowl couldn't have a prettier setting. The stadium, built in 1923, is delightfully unimposing; the low-slung classic bowl seats 104,000 in improbable intimacy.

Gaze out on the San Gabriel Mountains from the south and west sides of the stadium, tunnels 16 through 28 above row 28 (where you'll also get the best view of the colorful UCLA card stunts). The Bruins face Cal State Fullerton September 12, San Diego State September 26. Call the UCLA ticket office at (310) 825-2101.

Folsom Field, Boulder. The idiosyncratic, intimate field sits right in the middle of the University of Colorado campus at Boulder, at 5,345 feet. The 68-year-old stadium has been through a number of face-lifts, but it retains a comforting old-time feel. Its steep, bleacher seating makes almost every one of the 51,000 seats a good one.

Best view of the Flatirons: sections 214-220, rows 43 and above

The featured chunk of the Rockies on view is the Flatirons; check them out from the stadium's east side, sections 214 through 220, rows 43 and above. This month, the Buffaloes play Colorado State September 5, Iowa September 26. Call the ticket office at (303) 492-8337.

About a 10-minute walk from Folsom Field are the campus bookstore and the CU Heritage Center (a museum of university history with one gallery devoted to sports), both open on game days. The bookstore is open 10 to 5, the Heritage Center 9 to 5 (closed during games).

Husky Stadium, Seattle. At the University of Washington's Husky Stadium, the imposing, disquieting, mechanistic, cantilevered covers over the north and south grandstands tell you one thing emphatically: it rains a lot in Seattle. Built in 1920, the stadium has gone through several transformations to bring it to its current 72,500 capacity; the north grandstand canopy is one of the latest additions.

From the grandstands, you get a great view of the game and a remarkable view of Lake Washington and the Cascades to the east, the Olympics to the west. Anyplace above the 10th row,

WAYNE BARTZ/ALLSTOCK

Husky Stadium looms over waterfront, while Sun Devil Stadium hunkers down between two buttes.

you'll see Union Bay and Lake Washington. On clear days, Mount Rainier is visible from north upper-deck seats and the lower north seats except those in the end zones. From sections 48 and 50 in the south grandstand, you can see Mount Baker.

Unique to this stadium, some 5,000 fans arrive by water. Several tour companies and restaurants hold permits that let them use the dock at stadiumside. Call Power Tours at (206) 682-8864 to see about cruising to the game. The university provides water taxi service to boats anchored out in Union Bay.

The Huskies meet Wisconsin September 12, Nebraska September 19. Call the ticket office at 543-2200.

Sun Devil Stadium, Tempe. Literally blasted out of the two buttes it sits between, Sun Devil Stadium is an 11-story desert wonder. Its sleek, modern lines hark back to that late-'50s age of possibilities in which it was built; it's unlikely a stadium built today could have the environmental impact of this place. You enter the stadium from the north or the south; the east and west sides are solid rock.

Where can you arrive by water? Or walk through a grove of picnickers?

The upper deck, where you'll get the views of the sun setting over the Valley of the Sun, was added in 1977, bringing the seating near its current 73,656 capacity. The sunset punctuates your view because early-season Arizona State games begin at 7 P.M.; starting any earlier in the desert heat would be torture.

Just four blocks from the stadium, Mill Avenue, Tempe's main street, hops on game nights. Its shops, restaurants, and bars all stay open late after games.

ASU plays Washington September 5, Louisville September 19. Call (602) 965-2381 for tickets. The NFL Phoenix Cardinals, who also use the stadium, play the Philadelphia Eagles September 13; the Cardinals' ticket number is 379-0102.

Memorial Stadium, Berkeley. Even if you can't spend the whole game in the phenomenal view seats (the top two rows—74 and 75—of sections O through R and TT through W on the east side), you can still take a stroll to catch the San Francisco Bay panorama. The UC Berkeley stadium's main walkway rings the top of this side of the bowl. You look over a short wall; only the press box on the other side of the stadium partially obscures your view.

The stadium, first used in 1923, now holds more than 75,000 spectators. Tickets shouldn't be a problem when the Bears face San Jose State September 5. For tickets, call (800) GO-BEARS.

The Big Game is at Berkeley this year, with Stanford coming to town November 21. Tickets for that game are harder to come by—and there are no neutral fans. If you arrive from the south side of the stadium, along Fraternity Row, you'll see the houses decked out with ax-themed displays. The ax has been the game trophy since 1933; Stanford leads the series—begun in 1892—46-37-11. You could stop in for a quasi-traditional gin fizz at one of the frat houses if you've got any kind of affiliation (or pay to park there)—and you aren't wearing red.

Stanford Stadium, Stanford. Even from the lowest seats, you see the tops of the trees surrounding the stadium, but as you climb to the higher elevations, the view unfolds. From the top 10 rows (71 through 80) all along the east side (sections A through J; BB through F—between the goalposts—are best), you look west to the California dream: Hoover Tower and the red-tile roofs of other campus buildings recede to oak-dotted golden foothills, then finally the green-gray forested slopes of the Coast Range.

Around the 1921 stadium, the eucalyptus and oak groves are filled with tailgate picnics, including some of the most elaborate you'll ever see—candelabra on the card tables are common.

The Cardinal battles Oregon September 12, Northwestern September 19, and San Jose State September 26. Tickets shouldn't be a problem; the stadium seats a whopping 86,019. For tickets, call (800) BEAT-CAL. ■

By Bill Crosby

Sunset's All-West tailgate recipes

It's tailgating time—and you don't need tickets. Here are 7 proven recipes for pleasing fans—on campus or at home

Tailgate feast stars Cal Bear Beef Tenderloin, salsa, and vegetables to munch.
RENEE LYNN

Texas Longhorn fans take the cake—and eat it—at kickoff party.
BOB DAEMMRICH

USC fans spread picnic in shade by Los Angeles Coliseum.

The tailgate picnic has become as vital a part of Western college football as the forward pass. As pregame pep rallies for hearty appetites, tailgate feasts know no bounds. Stroll around the stadium grounds on game day and you'll see fans tackling everything from humble deli ribs to lavish grilled beef tenderloin to secret-blend chili.

All-star tailgate menus have one thing in common: plenty of good food that travels well. We share play-by-play strategies for seven campus-inspired offerings—from beef to brownies—that team up well in movable feasts.

Cal Bear Beef Tenderloin

- ⅓ cup hoisin sauce or oyster sauce
- 3 tablespoons seasoned rice vinegar (or 3 tablespoons vinegar and 2 teaspoons sugar)
- 3 tablespoons minced fresh ginger
- 1 fat-trimmed center-cut beef tenderloin, 2½ to 2¾ pounds
- 10 to 16 hard-crust rolls
- Dijon mustard and mayonnaise (optional)

Mix hoisin, vinegar, and ginger. Rub some of the mixture over beef; set meat on a rack in a 9- by 13-inch pan. If starting ahead, cover and chill meat and remaining hoisin mixture up to 4 hours.

Ignite 60 charcoal briquets on firegrate of a barbecue with a lid. When coals are dotted with gray ash, push half to each side of grate. Put a drip pan between coals. Place grill 4 to 6 inches above coals.

When coals are medium-hot (you can hold your hand at grill level for only 3 to 4 seconds), set beef over drip pan (not coals). Cover barbecue and open vents. Baste meat occasionally with remaining hoisin mixture. Cook beef until it is 125° in center for rare, about 30 minutes.

Serve beef hot or cold; if making ahead, cool, wrap airtight, and chill up to a day. Transport in an insulated container. Slice meat and make into sandwiches on rolls with mustard and mayonnaise. Makes 10 to 16 sandwiches.

Per sandwich: 279 cal.; 20 g protein; 7.0 g fat (2.3 g sat.); 32 g carbo.; 515 mg sodium; 46 mg chol.

New Mexico Lobo Chile Mole

New Mexicans insist that *chile* be spelled with an *e*, as in Spanish.

- 2 pounds boned and fat-trimmed beef chuck, cut into ½-inch cubes
- 3 large (about 1½ lb. total) onions, chopped
- 4 cloves garlic, minced or pressed
- 1 tablespoon cumin seed
- 2 teaspoons dried oregano leaves
- 1 teaspoon ground allspice
- 2 cans (1 lb. 12 oz. size) chopped tomatoes
- 2½ cups regular-strength beef broth
- 1 can (6 oz.) tomato paste
- 3 tablespoons unsweetened cocoa
- 3 tablespoons chili powder
- Shredded cheddar cheese (optional)

In a 5- to 6-quart pan, combine meat, onions, garlic, cumin seed, oregano, allspice, and ½ cup water. Cover and bring to boil on high heat. Reduce heat and simmer 30 minutes. Uncover and boil on high heat, stirring often, until liquid evaporates and browned bits stick in pan. Add ½ cup water, stir browned bits free, and boil until bits stick again.

Add tomatoes and their liquid, and broth; stir to free browned bits. Stir in tomato paste, cocoa, and chili powder. Cover and bring to a boil over high heat, then reduce heat and simmer until meat is tender when pierced, about 30 minutes.

Serve hot. If making ahead, cool, cover, and chill up to 2 days; reheat. To transport, carry hot chile in a large thermos or in a leakproof covered bowl in an insulated container. Serve with cheese. Makes 8 servings.

—Adapted from Key Cuisine: A Centennial Collection, Albuquerque Alumnae Association of Kappa Kappa Gamma Fraternity, University of New Mexico, Albuquerque

Per serving: 284 cal.; 27 g protein; 10 g fat (3.5 g sat.); 24 g carbo.; 614 mg sodium; 74 mg chol.

UW Alumni Cook-off Smoked Salmon

- 1 boned salmon fillet with skin, about 2½ pounds
- 2 tablespoons melted butter or margarine
- 1 package (about 1½ oz.) fajita seasoning mix (or 3 bouillon cubes, 1 teaspoon chili powder, and ½ teaspoon *each* dried oregano leaves and sugar)
- 1 small (4 to 5 oz.) onion, very thinly sliced
- 1 lemon, thinly sliced
- ½ cup minced parsley

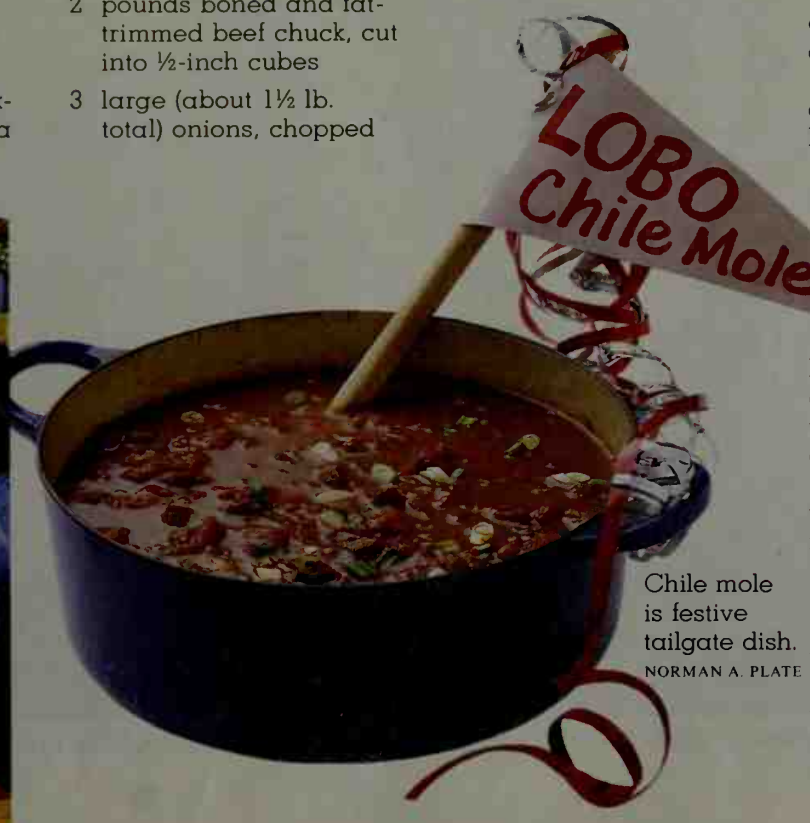
Mound 16 charcoal briquets on firegrate of a barbecue with a lid. Ignite coals.

Rinse salmon, pat dry, and set skin side down on a larger piece of foil. Trim foil to fit outline of fish.

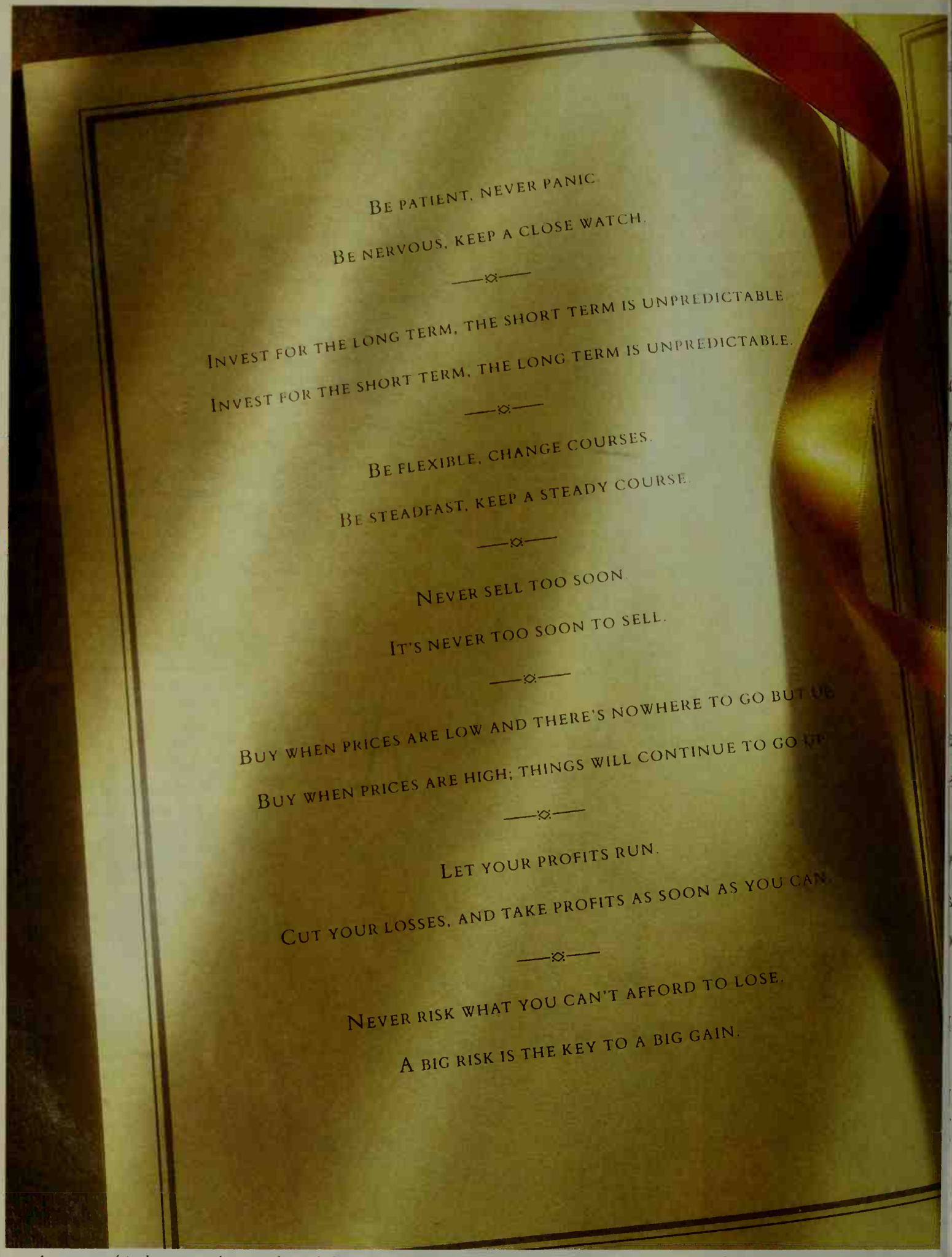
Stir together butter and fajita mix (or mash bouillon in butter and add seasonings); spread evenly over fillet. Cover fillet with onion and lemon slices; sprinkle with half the parsley. Cover and chill remaining parsley.

When coals are dotted with gray ash, in 25 to 30 minutes, push half to each side of firegrate. Set grill 4 to 6 inches above firegrate. Place salmon on foil in center of grill (not over coals).

Cover barbecue and open vents. After 30 minutes, add 3 briquets to each mound of coals. Cover barbecue and



Chile mole is festive tailgate dish.
NORMAN A. PLATE


Be patient, never panic.
Be nervous, keep a close watch.
Invest for the long term, the short term is unpredictable.
Invest for the short term, the long term is unpredictable.
Be flexible, change courses.
Be steadfast, keep a steady course.
Never sell too soon.
It's never too soon to sell.
Buy when prices are low and there's nowhere to go but up.
Buy when prices are high; things will continue to go up.
Let your profits run.
Cut your losses, and take profits as soon as you can.
Never risk what you can't afford to lose.
A big risk is the key to a big gain.

A survey of industry professionals and their opinions compiled by John Rothchild in his book, A Fool And His Money.

The Secrets Of Investing, Finally Revealed.

AS AN INVESTOR, once again you have our sympathy.

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This being the case, it should come as no surprise to you that we review billions of dollars worth of bonds each year. And only after a painstakingly thorough process of research do we invest in a select few (including some that other investment companies have overlooked).

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cook until the thickest part of salmon flakes when prodded with a fork, about 35 minutes longer. Supporting with foil, set salmon on a large platter. Serve hot or cool; if cooking ahead, cool, cover, and chill up to a day.

To transport, wrap cold salmon airtight and keep it cold in an insulated container up to 4 hours. To serve, sprinkle fish with remaining parsley; lift fish from skin with a small spatula or a fork. Makes 8 servings.
—Jeff Wood, University of Washington Alumni Association, Dallas Chapter

Per serving: 240 cal.; 29 g protein; 12 g fat (3.2 g sat.); 3.6 g carbo.; 389 mg sodium; 86 mg chol.

Idaho State Potato Salad

- 3½ to 4 pounds (7 to 8 large) thin-skinned potatoes, peeled and cut into 1-inch cubes
- ⅓ cup lemon juice
- 1 cup finely chopped celery
- ¾ cup *each* light sour cream and reduced-calorie mayonnaise
- 2 tablespoons minced fresh dill
- 1½ tablespoons prepared horseradish
- 4 or 5 ounces smoked trout, skinned, boned, and broken into flakes
- Fresh dill sprigs
- Salt

In a 5- to 6-quart pan over high heat, bring potatoes and 2 quarts water to boil. Cover and simmer until potatoes are tender when pierced, about 15 minutes. Drain well; mix potatoes with lemon juice and let cool.

In a bowl, mix celery, sour cream, mayonnaise, minced dill, and horseradish. Add potatoes and trout; mix. Serve or, if assembling ahead, cover and chill up to a day. Top with dill sprigs.

To transport, cover and carry in an insulated container. Add salt to taste. Makes 8 to 10 servings.

Per serving: 206 cal.; 5.7 g protein; 7.6 g fat (2.4 g sat.); 29 g carbo.; 166 mg sodium; 16 mg chol.

Arizona Wildcat Salsa

- 1¼ pounds ripe Roma-type tomatoes, rinsed and cored
- ¼ pound tomatillos, husked, rinsed, and cored
- ½ cup firmly packed minced fresh cilantro (coriander)
- ¼ cup lime juice
- 1 fresh jalapeño chili, stemmed, seeded, and minced
- Salt and tortilla chips

Finely chop tomatoes and tomatillos. Mix in a bowl with cilantro, lime, chili, and salt to taste. Serve, or cover and chill up to a day. Transport in an insulated container. Scoop onto tortilla chips to eat. Makes about 3½ cups.

Per ¼ cup: 11 cal.; 0.5 g protein; 0.2 g fat (0 g sat.); 2.4 g carbo.; 4.3 mg sodium; 0 mg chol.

Montana Grizzly Cowboy Coffee Cake

- 1¼ cups all-purpose flour
- 1 teaspoon baking powder
- ¼ teaspoon *each* baking soda and ground cinnamon
- ⅛ teaspoon ground nutmeg
- ⅓ cup (⅙ lb.) butter or margarine, in small pieces
- 1 cup firmly packed brown sugar
- 1 large egg
- ½ cup light or regular sour cream
- Purchased white icing for piping (optional)

Mix together flour, baking powder, soda, cinnamon, and nutmeg. In a large bowl, beat butter and sugar until fluffy. Beat in egg and sour cream. Stir in flour mixture until evenly moistened.

Spread batter in a buttered 9- by 13-inch pan. Bake in a 375° oven until golden brown and top springs back when lightly pressed in center, about 20 minutes. Let cool; if baking ahead, cover airtight and hold at room temperature up to a day.

Invert cake from pan, then turn top side up. If desired, with a sharp knife trim edges to make a football shape. Save scraps to serve with cake. Pipe icing onto cake to make lacings in center and stitch lines at ends. Let stand until icing is dry to touch. To transport, wrap airtight.

Serves 6.—*Adapted from The Grizzly Gourmet, University of Montana Athletic Department, Missoula*

Per serving: 373 cal.; 5.2 g protein; 14 g fat (8.3 g sat.); 57 g carbo.; 236 mg sodium; 71 mg chol.

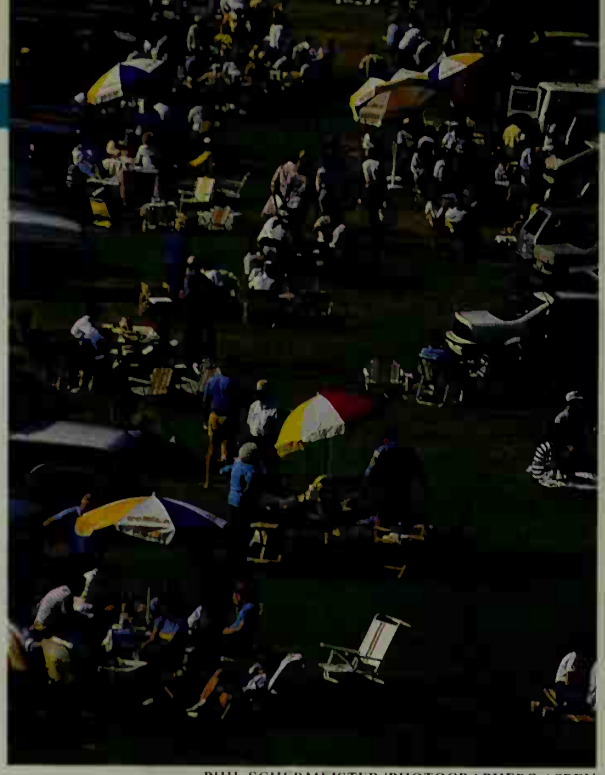
Texas Longhorn Touchdown Brownies

- 1¼ cups (⅝ lb.) butter or margarine
- ¾ cup unsweetened cocoa
- 2 cups sugar
- 6 large eggs
- 1 tablespoon vanilla
- 2 cups all-purpose flour
- 2 cups pecan halves
- ¾ pound semisweet chocolate, cut into ½-inch chunks

In a 3- to 4-quart pan over low heat, stir butter with cocoa until melted. Off the heat, beat in sugar. Add eggs and vanilla; beat well. Add flour, pecans, and chocolate; mix well. Spread batter in buttered 9- by 13-inch pan. Bake in a 325° oven until top feels dry in center, about 35 minutes. Cool in pan. If baking ahead, wrap airtight when cool and hold up to a day. Cut into 12 to 16 pieces.

Per piece: 520 cal.; 6.7 g protein; 34 g fat (15 g sat.); 54 g carbo.; 174 mg sodium; 119 mg chol. ■

By Christine B. Weber



PHIL SCHERMEISTER/PHOTOGRAPHERS ASPEN

Umbrellas sprout from tailgate rows before UCLA games at the Rose Bowl.

Football coffee cake is laced with icing.

NORMAN A. PLATE

LeSabre for 1992. Ladies and gentlemen, start your comparisons.

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Engine	3.8-litre V6	3.0-litre Inline 6
Drivetrain	Front Drive	Rear Drive
Passenger Room	109.2 cu ft	89.0 cu ft
Trunk Room	17.0 cu ft	12.5 cu ft
Anti-Lock Brakes	Standard	Optional
Driver Air Bag	Standard	Not Available
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Buckle up, America!

Join the team on a bowl game vacation

Fiesta, Hula, or just have fun at one of 11 Western bowls this winter. Start planning now

The payoff for a winning season is a bowl game. In the West, that bowl locale is often a vacation spot you'd want to visit whether there's a football game or not.

Nearly all of the 11 college bowl contests we list are played in mild-winter locales, ranging from tropical Honolulu to reliably sunny Las Vegas and Tucson. Next season, the Western bowl list will hit 12, when the inaugural Alamo Bowl game will be waged in San Antonio.

Most of the bowls have other festivities you can watch or join, from parades to autograph sessions with players. The numbers listed for tickets can also supply information on events. For help in finding rooms, call the numbers listed for lodging.

Las Vegas Bowl, December 18. The renamed California Raisin Bowl has moved from Fresno to Las Vegas. It pits the winners of the Big West and Mid-American conferences. Call (702) 739-3900 for tickets, (800) 332-5333 for hotel and show information. Ask at your hotel about shuttles to the game, at Silver Bowl, which is way off The Strip out the old Boulder Highway.

Aloha Bowl, December 25. Christmas Day sees an Eastern and a Western powerhouse (usually from the Pac 10) fight it out in Honolulu's Jeep Eagle Aloha Bowl in Aloha Stadium. Call (808) 947-4141 for tickets, 923-1811 for lodging.

Copper Bowl, December 29. Tucson hosts its fourth Copper Bowl game this year, at Arizona Stadium. Bowl sponsors try to get the best teams they can book, preferably from the West. Call (602) 790-5510 for tickets, (800) 638-8350 for lodging.

Freedom Bowl, December 29. This bowl game is waged at Anaheim's Big A stadium, just a Matterhorn bobsled schuss away from Disneyland. Count on the third-place team from the Pac 10 duking it out with, most likely, a Western at-large opponent. Call (714) 634-1984 for tickets and lodging.

Holiday Bowl, December 30. Astounding offensive displays—with scores like 50–39 and 65–14—have been the hallmark of San Diego's Thrifty Car Rental Holiday Bowl. The game pits the Western Athletic Conference champion against a top-ranked Big Ten team. Call (619) 283-5808 for tickets, 232-3101 for lodging.

Sun Bowl, December 31. Out in the West Texas town of El Paso, the Sun Bowl Stadium hosts the game now known as the John Hancock Bowl. The matchup usually features an East-West clash. Call (915) 533-4416 for tickets, 534-0696 for lodging.

Cotton Bowl, January 1. This venerable stadium (built in 1930) in Dallas sees the champion of the Southwest Conference play a biggie. Call (800) 638-2695 for Mobil Cotton Bowl Classic tickets, (214) 746-6679 for lodging.

Fiesta Bowl, January 1. Expect a great matchup at Sun Devil Stadium in Tempe. Call (800) 635-5748 for tickets, (800) 528-0483 for lodging.

Whereas other major bowls lock up one or two conference champs, the Fiesta has always been a maverick, free to invite anyone it wanted. Now in a coalition with the Cotton, Orange, and Sugar bowls, it continues to have a great chance of hosting a national championship game, as it did in 1987 and 1989.

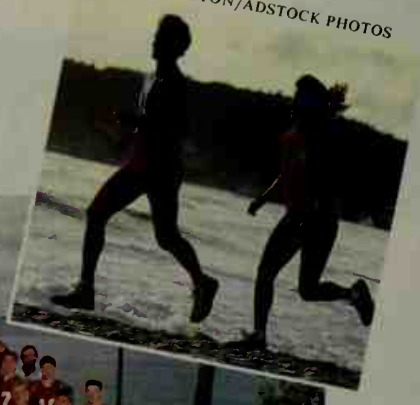
Rose Bowl, January 1. This is the oldest—and perhaps the best—of the bowls. Pasadena hosts the 79th contest, featuring (since 1947) Big Ten champ against Pac 10 champ. The game is a contractual sellout: all but 7,000 end-zone tickets go to the two conferences (all 20 schools get allotments; the two winners get more). To enter a raffle for the 3,500 remaining pairs, send a postcard between September 1 and October 1 to Rose Bowl Ticket Drawing, Box 91386, Pasadena, Calif. 91109. Call (818) 795-9311 for lodging.

Hula Bowl, January 16. This all-star game is also played at Honolulu's Aloha Stadium. Call (808) 956-4852 for Kodak Hula Bowl tickets.

East-West Shrine Classic, January 24. Senior all-stars from around the country—and two from Canada—converge on Stanford Stadium, a punt from Palo Alto. Call (800) 227-8881 for tickets, (415) 324-3121 for lodging. ■

By Bill Crosby

MICHAEL NORTON/ADSTOCK PHOTOS



Aloha Bowl squad from Stanford poses beneath the palms, while vacationing fans hit the beach.

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Our New Resealable Package Keeps It That Way.

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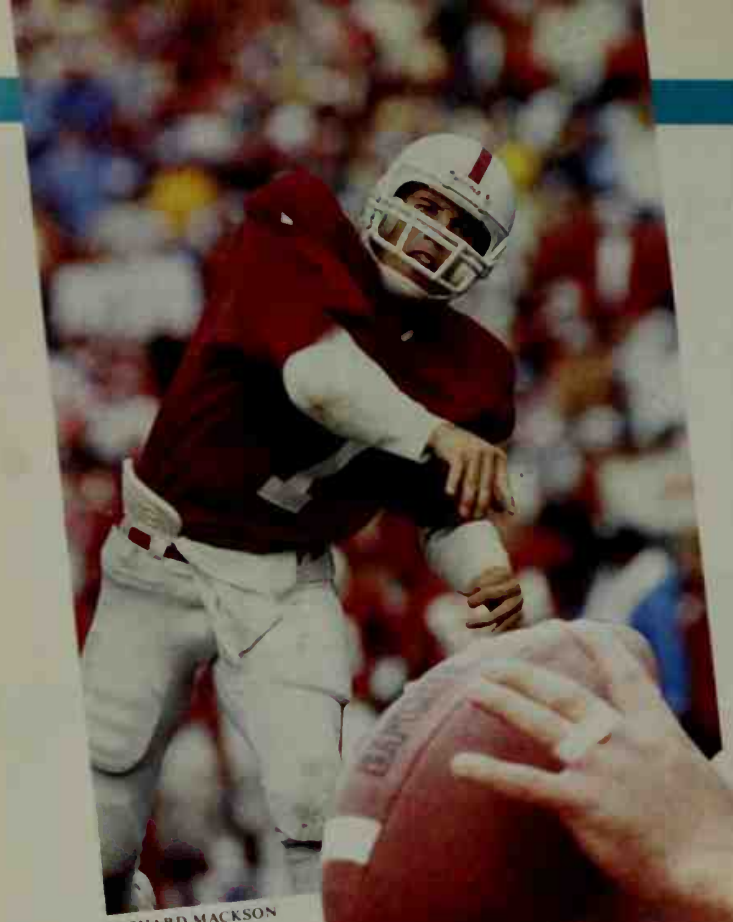
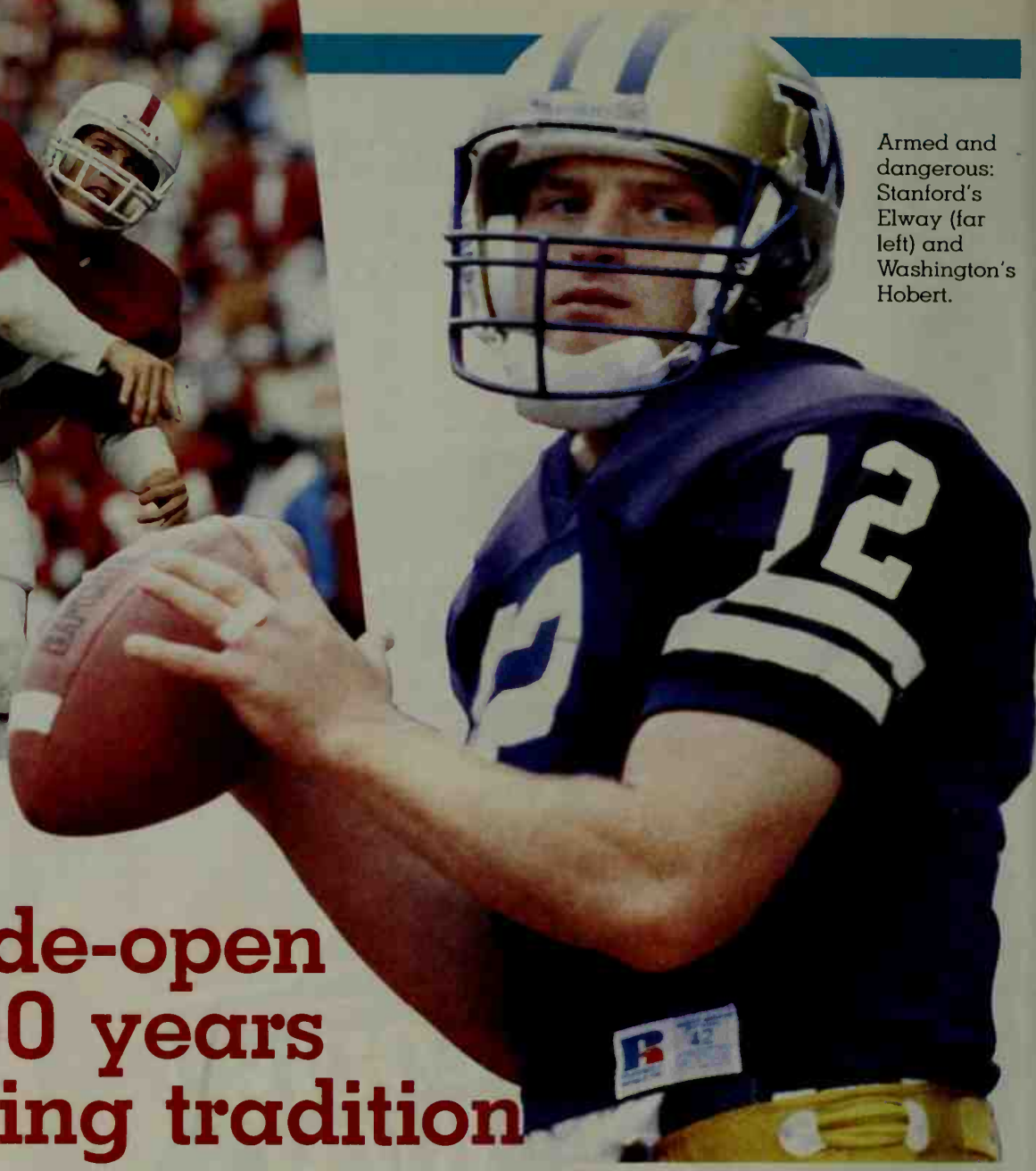


RICHARD MACKSON



Armed and dangerous: Stanford's Elway (far left) and Washington's Hobert.

UNIVERSITY OF WASHINGTON

The wide-open West: 50 years of passing tradition

Since the early days of the T-formation, some of the best quarterbacks in collegiate football have aired it out in friendly Western skies

Maybe it's the wide-open spaces. Maybe it's the aura of newness. Maybe it's the experimental spirit that has given the world pink bubble gum ice cream, McDonald's, and a heavenly host of religions. But whatever the reason, for more than 50 years the West's college football teams have led the nation in the exploitation and pure enjoyment of the forward pass.

"I mean, young people love to catch and throw the ball," says Rod Dowhower, once a fine quarterback at San Diego State and later head coach at Stanford, the fountainhead of wide-open football. "It makes everything more fun, particularly the practices."

It wins games, too. Pacific 10 Conference teams have beaten the Big Ten in 19 of the last 23 Rose Bowl games, frequently because of the kind of air superiority that the U.S. had in Iraq. Washington has won the last two Rose Bowls behind the passing of two different quarterbacks, Mark Brunell in 1991 and Billy Joe Hobert in 1992, and both are back this season as the Huskies defend their UPI Coaches Poll national title.

The difference between the West and the Midwest was never more apparent than in 1977, when USC beat Michigan 14–6 in Pasadena. While Trojan quarterback Vince Evans was becoming the game's most outstanding player, Michigan quarterback Rick Leach was completing 4 of 12 passes for 76 yards.

"I think if I'd thrown more during the year, I could have been more effective," said Leach. "But all year long our offensive line did such a great job that we never needed to pass."

And take 1971's Rose Bowl—Stanford over Ohio State 27–17. The Cardinal, then called the Indians, featured big Jim Plunkett, who had turned down a fortune from the pros to stay at The Farm for his senior year. Plunkett completed 20 of

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Hosting the season's first college bowl game, The Las Vegas Bowl, December 18, 1992.

LAS VEGAS

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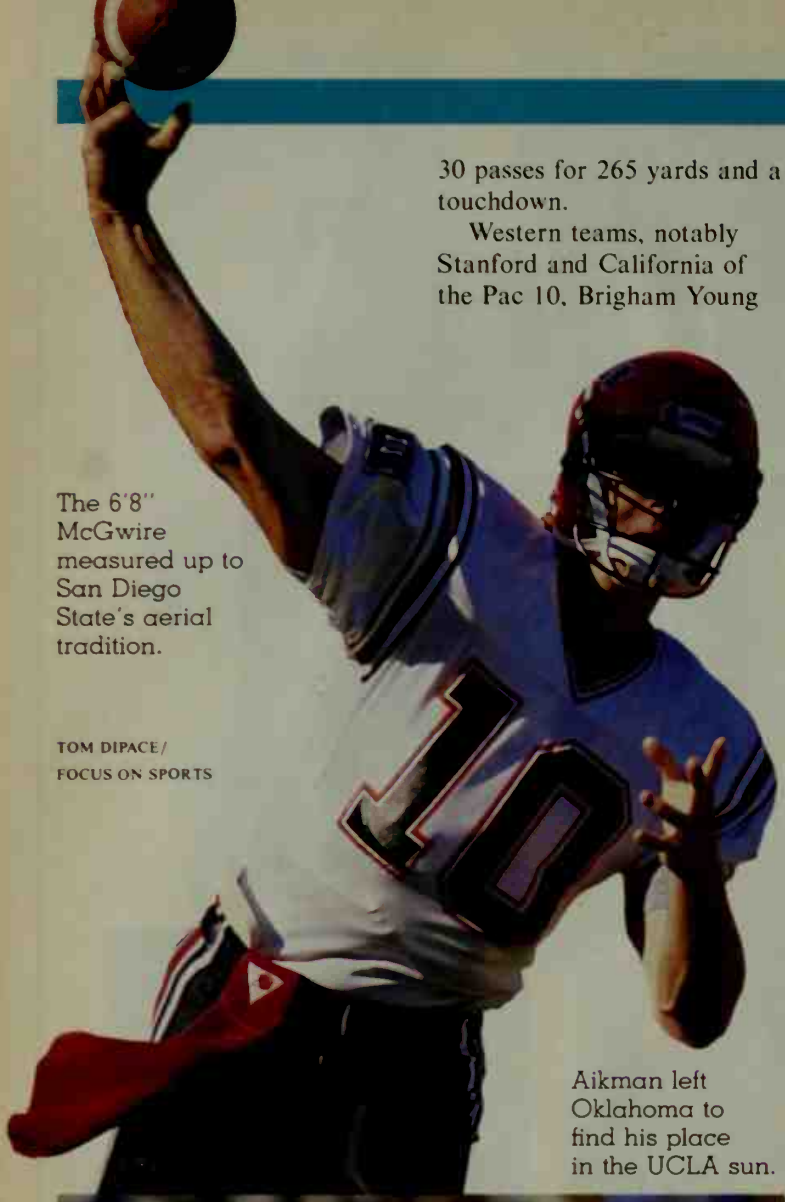
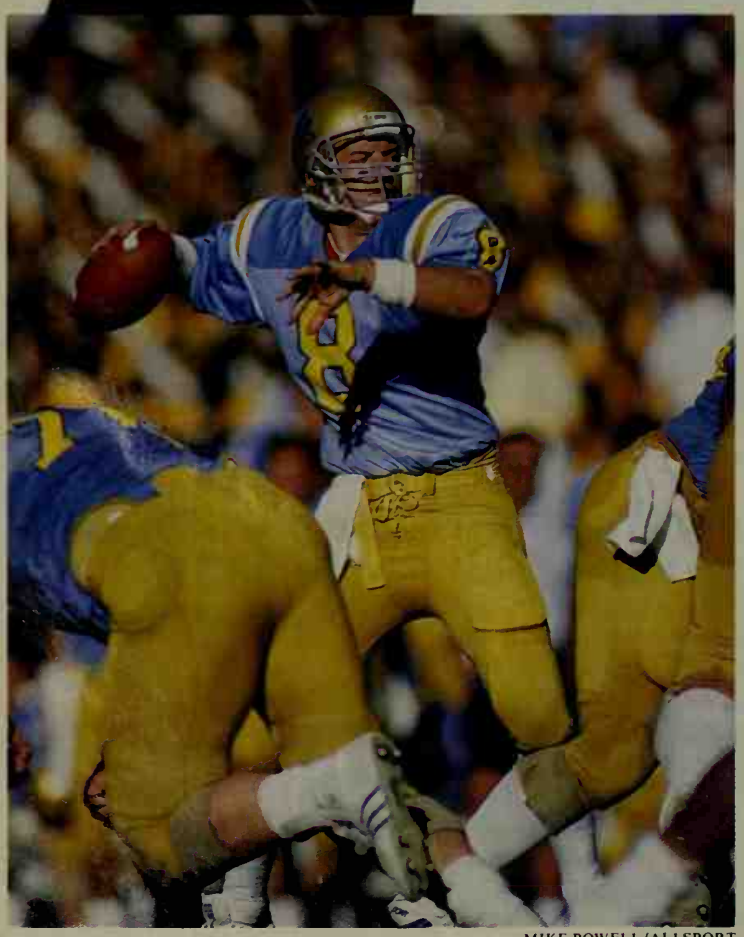


The 6'8" McGwire measured up to San Diego State's aerial tradition.

TOM DIPACE/ FOCUS ON SPORTS



Aikman left Oklahoma to find his place in the UCLA sun.

MIKE POWELL/ALLSPORT

30 passes for 265 yards and a touchdown.

Western teams, notably Stanford and California of the Pac 10, Brigham Young and San Diego State of the Western Athletic Conference, and San Jose State and Fresno State of the Big West Conference, operate differently than their stodgier brethren in the Midwest, East, and South. Some coaches get downright evangelical about passing, as Dowhower did one day at Stanford:

"I believe in the forward pass," he said. "I believe in it as a weapon rather than the last resort. We proved that a passing attack can produce a consistent offense, a ball-control offense. We proved there are many, if not more, variations of a passing attack than a running attack, that it puts more pressure on a defense."

When Doug Scovil was head man at San Diego State from 1981 to 1985, quarterback Matt Kofler said, "Coach says he likes to see the scoreboard roll up like a machine. He gets a grin on his face, and he doesn't have to do any more than that. His body language is understood."

Oh, teams in the West run (and block and tackle), sure. USC has had all those Heisman Trophy–winning tailbacks and "student body–right" plays in which ballcarriers follow an army of cardinal-and-gold blockers. But passing has been a vital component since the 1940 arrival at Stanford of Clark Shaughnessy, an absent-minded professor of a coach who really did doodle plays on napkins and place mats. He brought with him an updated version of an old formation, the T.

Suddenly, Frankie Albert, who had been a mediocre tailback in the single wing, was a quarterback, taking the snap from under center, dropping back, and either handing off the ball or flinging it. Stanford, 1–7–1 the season before, went 10–0 and beat Nebraska in the Rose Bowl.

Albert and company were dubbed the "Wow Boys," and their team established itself as the premier proponent of wide-open T-formation football. This tradition would produce golden arms like Heisman Trophy winner Plunkett, number one draft pick John Elway, and six others who became NCAA passing champions.

"We would establish the passing game first," said former player and coach Chuck Taylor. "We didn't go from the run to the pass; we started with the pass."

"There is little doubt that it caught the opposition by surprise," said Albert. "I'd say it was midseason before the opposing coaches had even a slight idea of how to handle our system."

As the wild, wild Western style ran down-and-out patterns to every corner of the country, there were some holdouts, even in California. Ex-lineman Terry Donahue, who got the UCLA job in 1976 at age 31, was steeped in the running game and succeeded with it at first, though he couldn't beat crosstown rival USC. The alumni put up with his dull teams until the Bruins went 5–6 in 1979.

"I didn't know a lot about the throwing game," he said. "My background had been in option football. But as we continued not to beat SC, it always came down to the same thing—we couldn't throw the football. So after a while, the criticism got loud enough and strong enough, and I just felt we had to make a philosophical change."

With the help of offensive coordinator Homer Smith, Donahue put in more passing, and the Bruins have been balanced, formidable, and more entertaining ever since.

Perhaps the finest quarterback of the Donahue era, Troy Aikman, transferred from Oklahoma because his arm was underused in the Sooners' running game. As

just one example of his passing prowess, in a 1987 game against Arizona, Aikman completed nine third-down attempts for first downs.

Football lore in the West is full of such exploits:

• Norm Van Brocklin, an Oregon star of the 1940s, was slow and had small hands with pudgy fingers. All he could do was lead and throw. It's said that on a bet he threw a football downfield and, after it stopped bouncing, hit it with 6 of 10 passes from 35 yards away.

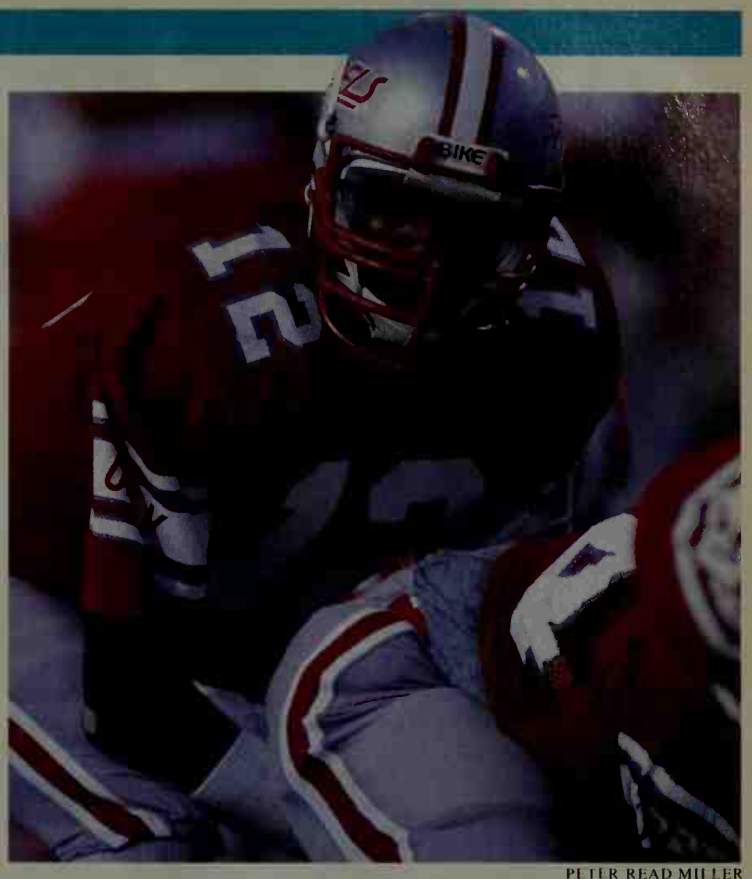
• In 1964, San Diego State's Don Horn completed 11 of his final 17 passes for four touchdowns to lead the Aztecs to a 38–34 victory at Weber State. Said coach Don Coryell, an accomplished offensive strategist, "With our passing attack, we consider good field position (to be) wherever we have the ball."

• Against Pacific in 1982, Tom Tunnicliffe of Arizona set a single-game efficiency record with 21 completions in 28 attempts, 427 yards, six TDs, and no interceptions.

"With our passing attack, good field position is wherever we have the ball"

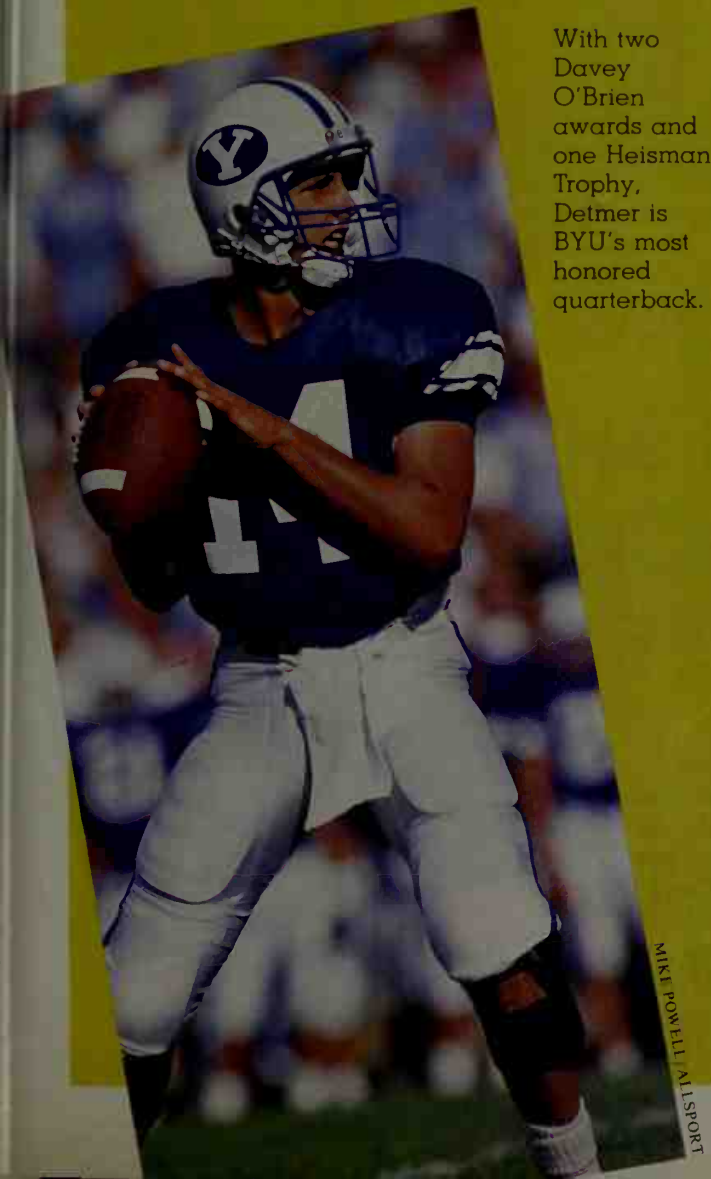
• Against Washington in 1983, UCLA's Rick Neuheisel completed 25 of 27 passes for a record 92.6 completion percentage.

• Scott Mitchell of Utah aired out the Air Force in 1988,



PETER READ MILLER

Cunningham was a big deal in Vegas before flying to Philly.



MIKE POWELL/ALLSPORT

With two Davey O'Brien awards and one Heisman Trophy, Detmer is BYU's most honored quarterback.

The pass masters

The Mormon settlers had to travel overland to reach Utah in 1847. But at the church-sponsored university named for the leader of that trek, Brigham Young, the football team has avoided overland routes.

The initials BYU have become as synonymous with air travel as TWA, and with good reason. For example, in 1980, coach LaVell Edwards removed quarterback Jim McMahon from the Texas–El Paso game because McMahon already had passed for 372 yards and five touchdowns—with 6:16 left in the first half. BYU won 83–7.

A visitor to Provo was astounded one fall to see the Cougars spend 2½ hours of their 3-hour practice throwing and catching. And each receiver had to know not only his own myriad routes but the patterns of all the other receivers as well.

"There's no question that it's the system that makes the quarterback here," said McMahon, "not the other way around."

Since Edwards took over in 1972, BYU has led the nation in passing eight times, total offense five times, and scoring once. Five times his quarterbacks have made All-America, and three of them—McMahon, Steve Young, and Ty Detmer—have won the Davey O'Brien Trophy, which has gone to the best college QB in the land since 1981. In 1990, Detmer also won the Heisman Trophy.

Under flight commander Edwards, BYU has won the Western Athletic Conference championship 13 out of 20 years and gone to 16 bowl games. In 1984, the Cougars, on Robbie Bosco's arm, won the national title.—*J. J.*

completing 36 of 60 passes for 631 yards.

• Neil Lomax of Portland State, who finished his college career with eight NCAA passing records, threw for seven TDs (of his eight for the game) in the first quarter of a 105–0 win over Delaware State in 1980.

Western quarterbacks dominate the all-time NCAA Division I statistical lists (and also show well in smaller school rankings). Seven of the top 10 Division I yardage leaders and five of the top 10 touchdown passers traced spirals through the West's friendly skies. Since the NCAA passing championship was first calculated in 1937, 25 Westerners have won, with 13 coming in the last 20 years.

And the trend of great Western quarterbacks is not slowing down. Last year, Todd Marinovich made himself available for the NFL draft even though he had two years of eligibility left at USC. The L.A. Raiders grabbed him in the first round. Earlier this year, Tommy Maddox turned pro with two seasons left at UCLA and went to Denver in the first round.

The NFL draft has long been an impressive measure of the West's quarterback excellence. The pros have made first-round choices of 26 Western QBs (19 of them from the Pac 10): players like Chris Miller of Oregon and the Atlanta Falcons, Dan McGwire of San Diego State and the Seattle Seahawks, and Ken O'Brien of UC Davis and the New York Jets.

This list doesn't even include later-round draftees like 1992 Super Bowl MVP Mark Rypien of the Washington Redskins by way of the Washington State Cougars and All-Pro Randall Cunningham of the Philadelphia Eagles by way of the Nevada–Las Vegas Running Rebels. *Running?*

As the 1992 season begins, the West's strong-armed arsenal goes well beyond the usual Pac 10 precincts. Pacific's Troy Kopp led the nation in TD passes last year, and John Charles of Portland State had a Division II record 592-yard game. Clark Shaughnessy can rest in peace. The tradition continues, not just at Stanford, but all over the wild, wild West. ■

By Joe Jares

INTERNATIONAL NEWSPHOTOS

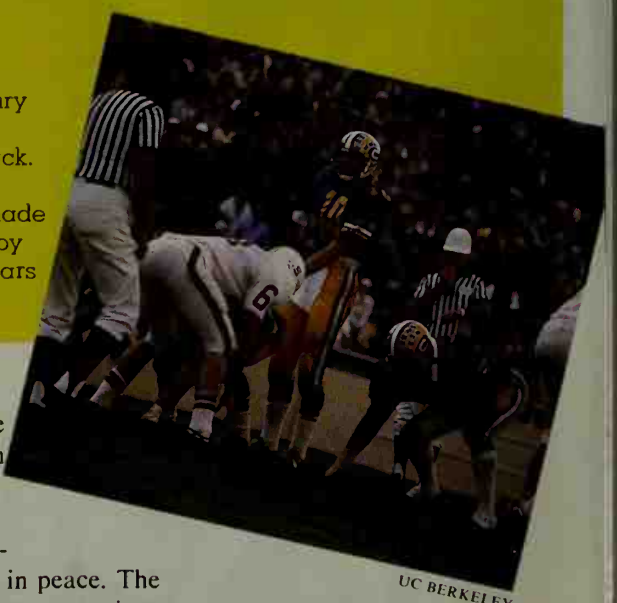
The West's consensus All-America quarterbacks

Year	*Player*	*College*
1991	Ty Detmer†	BYU
1990	Ty Detmer*†	BYU
1988	Troy Aikman†	UCLA
1983	Steve Young†	BYU
1982	John Elway	Stanford
1981	Jim McMahon†	BYU
1979	Marc Wilson	BYU
1977	Guy Benjamin	Stanford
1975	John Sciarra	UCLA
1974	Steve Bartkowski	California
1970	Jim Plunkett*	Stanford
1967	Gary Beban*	UCLA
1962	Terry Baker*	Oregon State
1956	John Brodie	Stanford
1941	Frankie Albert	Stanford
1940	Frankie Albert	Stanford

*** Heisman Trophy winner**
† Davey O'Brien Trophy winner

Stanford's success grew by leaps and bounds a half-century ago, after Albert moved to quarterback.

Bartkowski made All-America by taking the Bears to the air.



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CYNTHIA WRIGHT

SPRAYED AGAINST FORM, *tan-colored mix of soil, sand, and cement created rough-textured exterior walls.*

The house of the future?

SPRAY-ON WALLS MAKE IT EASY ON THE EYES, ENVIRONMENT, AND POCKETBOOK

CLASSIC LOOK, NEW METHOD
Craftsman-era furnishings belie the contemporary, energy-efficient design of house. Note the window seats—by-products of the thick walls.

PETER CHRISTIANSEN

This bungalow may not look like a swimming pool, but it's built like one. Designer-builder David Easton borrowed the technology used for forming pool shells to build the exterior walls of his house in Napa, California. The result is an economical and environmentally responsible method of home construction that conserves natural resources and energy while creating a gracious living space.

Easton's forward-looking innovation is actually heir to an ancient tradition. People have been building houses from mixtures of water and soil for thousands of years. The main practical virtues of such houses are that they use readily available, inexpensive natural materials and they

PETER CHRISTIANSEN

CYNTHIA WRIGHT

OPENINGS FOR WINDOWS AND DOORS *on first floor started as plywood boxes built into forms (left). Columns and low walls were made of same soil mix as main walls, but were compacted in forms, not sprayed against them.*

don't require much skilled labor. A sense of mass gives them aesthetic appeal. This bungalow successfully embodies these historic virtues, attained with the help of contemporary technology.

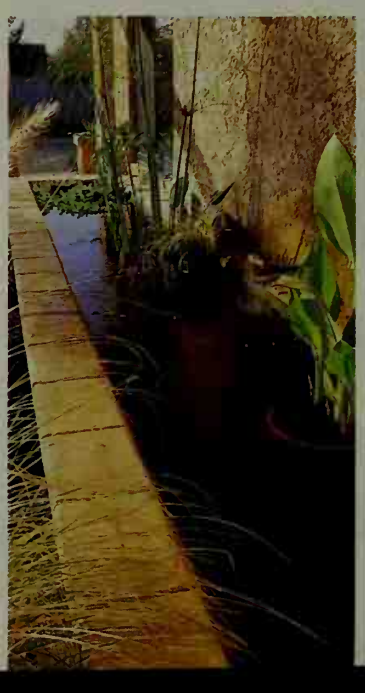
AN IMPROVEMENT ON RAMMED EARTH

For almost two decades, Easton has been building a version of the earth-and-water structures called "rammed-earth" houses, in which a mixture of dampened soil, sand, and cement is compacted between forms. The monolithic shapes are used to fill in between a framework of posts and beams, which do the real structural work of holding up the house. Although the materials are inexpensive, the high labor costs make rammed-earth construction expensive.

Combining pool builders' Gunite-shooting technology with the rammed-earth mix is the key to Easton's new method, which he has named PISE (Pneumatically Impacted Stabilized Earth). By making use of an existing but underutilized trade, and by using reinforcing bar in the walls in place of post-and-beam construction, Easton kept his building costs to about the same as he would have spent for a typical wood-framed house. A simple floor plan also helped keep costs down.

The first-floor perimeter walls of his two-story bungalow are one integral unit, 11 feet high and 18 inches thick. The mixture of soil, sand, cement, and water was sprayed in place in just two days. The interior walls, second-floor end walls, and pitched roof were conventionally stud-framed.

Solar designers say thick-walled houses are especially well suited to regions where the days are hot and the nights are cool. These houses are slow to heat up during the day; by nighttime, the walls are warm enough to keep the interior comfortable. This translates to increased comfort and reduced energy bills.



RECYCLED SHOWER WATER *destined for garden waits in reservoir trough along outside wall.*

HOW IT WAS BUILT

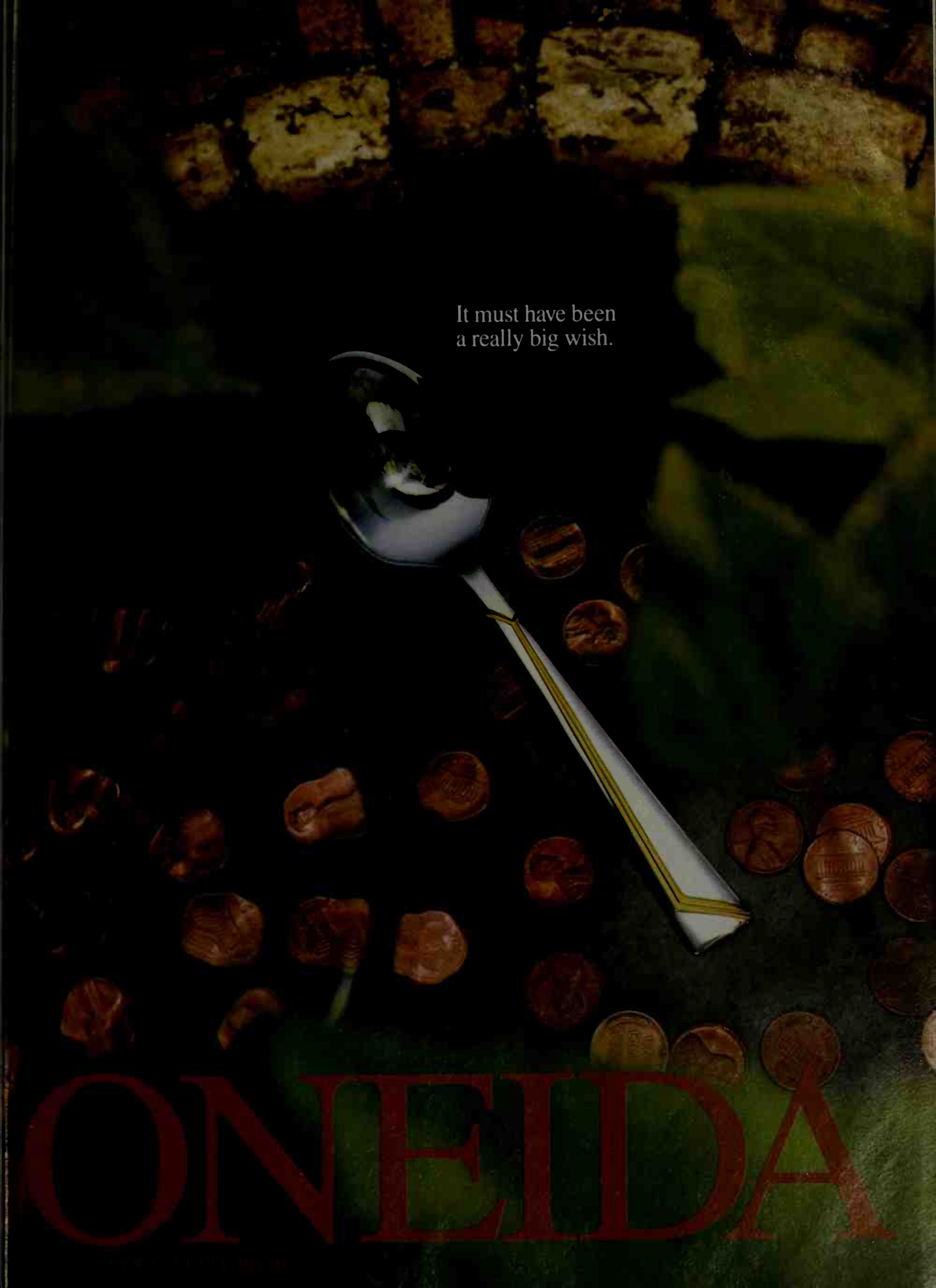
Construction started with the standard concrete floor and perimeter footing, which were done in a single pour. Reinforcing bar, which would later become part of the perimeter wall, was left extending upward near the slab's edge. (A radiant heating system, installed in the house's concrete floors, provides cold-weather comfort.)

Easton then constructed a single plywood form wall 18 inches in from the edge of the slab. The soil-cement mix was sprayed against the forms until it was 18 inches thick. Horizontal wires, drawn tautly between corner posts, acted as reference guides to ensure that the walls were plumb and of uniform thickness. Electrical conduits and boxes were built into the wall.

Sprayers built up the walls in approximately 30-inch-high layers. It took just 16 hours and four trips around the house to spray 100 cubic yards of the mix against the forms. The forms were then disassembled and recycled: 2-by-4s became framing for interior walls; plywood sheets became subflooring.

To give the lower floor's interior a uniform look, the earthen and stud-framed walls were all plastered. The exterior wall, which rises 2 feet into the upstairs rooms, supports the second floor and the roof. ■

By Peter O. Whiteley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Shown from left to right. The Contoura two-piece in Blue Ice, The Preserver I two piece in Platinum, The Patriot 1.5 two-piece in Natural, The Terrace Ultra-1.5G in White, the Preserver II two-piece in Ruby, and the Triangle Ultra 1.5G in Zinfandel.

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The Changing Western Home

PETER O. WHITELEY

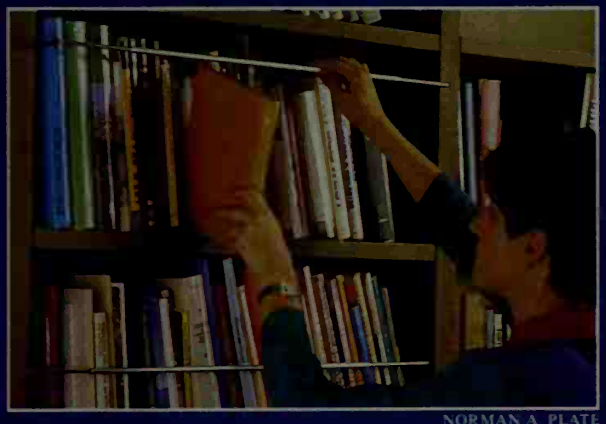
Outdoor Living

There's lath in them thar hills

The artful railing around Kaarin and Michael Lee's deck looks like a stained-glass window—without the glass.

The railing started with an outline "drawing" of solid metal rods that were heated, bent, and welded to capture the contours of distant hills as they appear from the deck. Where the glass would be, cut pieces of expanded metal lath (used in stucco construction) have been welded to the rod. Varying the angles of the lath sections has made them reflect sunlight with different intensities. Despite its artistic appearance, the railing conforms to safety code.

Design: John Campbell of Metalurge, Kenwood, California.
—*Peter O. Whiteley*



NORMAN A. PLATE

Safety

Earthquake bracket keeps books on shelf

Just lift up to gain easy access to your secured volumes. Adhesive pads mount the bracket to the shelf frame. For details or to order, call (818) 449-1590.—*Bill Crosby*

Daylighting

When you put in 81 skylights, you'd better do it economically

Just ask architect Maury Lipowich. The technique he used for his Tucson house's fourscore and one skylights can reduce costs for a solo shot, too.

Lipowich bought stock 2- by 2-foot bubble skylights. But for the wells—an expensive part of any skylight installation—he used 2-foot-diameter concrete-casting forms. No special framing was needed; the heavy cardboard tubes mount between the ceiling joists and snug up against the bottom of the bubbles. The smooth interior surfaces were lightly coated with joint compound, sanded, and painted.—*B. C.*

Details

NO LADDER TO THIS BUNK

GETTING UP to the top bunk usually takes a ladder, but not with this overlapping pair of beds. Instead, chrome-plated folding steps—like ones you see on big rigs or yachts—were unobtrusively attached to a built-in desk and bookcase to give a boost to the sleeper in the upper berth. Designer Arlene Orlansky of Daniels Interiors, San Diego, purchased the steps at a marine supply store. *—P. O. W.*

RICHARD FISH

NORMAN A. PLATE

Outdoor Living

PULL-AWAY PANEL FOR ACCESS TO CONTROLS

PLUMBING, A TIMER, a kitchen vent, and electrical and gas lines all hide behind the built-up wall panels of this remodeled courtyard. In addition to designing and building the 32-inch-high perimeter paneling, San Jose contractor Marc Anderson floated a deck over the original tile patio and added planters and a sun-screening trellis.

To make room for the lines of a drip irrigation system that waters the planters, he separated the red laurel paneling and deck from the original wall and patio with pressure-treated wood strips. *—P. O. W.*

Exteriors

SCENIC VIEW OF ANOTHER COAST

RHODE ISLAND may lie 2,500 miles away, but Page Sanders sees it every time she looks out her kitchen window in Palo Alto, California. Painted on her garage door is an image, based on a family photograph, of her native state's rocky coastline. The door's lower panel frames became a trompe l'oeil vine-covered fence that matches an actual fence along the driveway. Design: Linda Hoffman of Guided Imagery Productions. *—P. O. W.*

PETER O. WHITELEY

Have an inventive feature in your home that you'd like to share with us? Send snapshots and descriptions to Changing Western Home, *Sunset Magazine*, 80 Willow Rd., Menlo Park, Calif. 94025.

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PETER O. WHITELEY

WHITE-PAINTED *fence with climbing vines rises from a planting bed separating two patios.*

This fence won't fence in your view

It's a divider that supports a vine. It's buildable on a weekend

A FENCE DIVIDES AND defines outdoor space, but it doesn't have to block the view. Much like a multi-paned French door, the free-standing fence shown here allows you to see through its open grid into the areas it separates.

The grid-fence is an easy weekend project. You can buy materials and set posts in concrete one day, then construct the rest of the fence and paint it the next.

In this slender rear garden, the fence forms a 12-foot-long partition between a private eating zone and an adjacent seating area.

The dining patio is an outdoor extension of the bedroom wing of the house, with four distinct "walls": the new grid-fence, the house's exterior, a side fence, and a tall border of spiky plants (flax, kniphofia, and fortnight lilies). It's a lush-looking space, despite the choice of drought-tolerant plants.

OUTDOOR DINING AREA *has plant screening wall on left.*

On the other side of the new fence, four chaise longues invite relaxing on the waterside patio. Unlike the eating area, this side feels open and spacious; only the fence defines it vertically. The grid also serves as a trellis supporting a climbing rose and star jasmine.

Materials. The 6-foot-tall fence, built of standard-dimension redwood lumber, is anchored by three 4-by-4 posts. Six 2-by-4s form intermediate verticals joining five horizontally mounted pairs of 2-by-2s. A 1-by-8 nailed to the top pair of 2-by-2s forms a cap rail.

Design: landscape architect William Peters of Fairfax, California. ■

By Peter O. Whiteley

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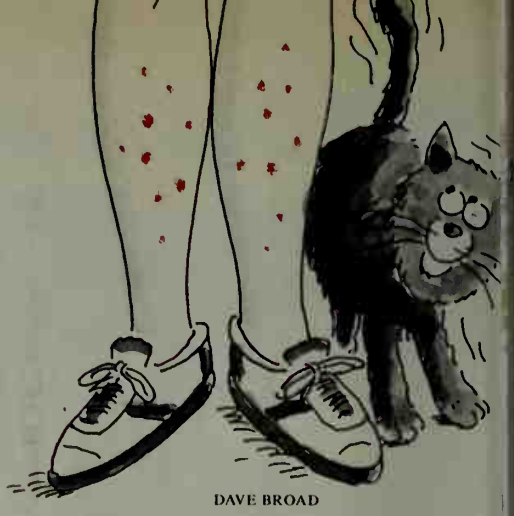
And you thought you couldn't hurt a flea

Though they seem indomitable, there is a way to banish the tiny tormentors from your pet and home



DAVE BROAD

Great fleas have little fleas upon their back to bite 'em.
And little fleas have lesser fleas, and so ad infinitum.
And the great fleas themselves in turn have greater fleas to go on,
While these again have greater still, and greater still, and so on.
—Augustus De Morgan

MY FLEA ADVENTURE BEGAN when my friend complained of bites on her lower legs and ankles. At first we couldn't figure out what had caused them. Then, like in a movie, both of us turned our eyes to my new kitten, and back to each other. Fleas. Mortified, I pledged at that moment to figure out how to get rid of them.

What my research soon revealed is that fleas are worthy foes, having perfected their survival techniques for the last 50 million years, give or take a millennium or two. But I also found that we have some new, minimally toxic, even miraculous methods of dealing with them.

Nearly all of the world's 2,200 flea species specialize in sucking mammal blood, which has brought the tiny pest into an intimate, historical relationship with people. In fact, people have been so fascinated with fleas that when the microscope was invented in the early 17th century, it quickly got the name "flea glass."

The fascination always contained an element of fear, and with good reason: fleas' major ecological role seems to have been human population control. Since before the Middle Ages, fleas contributed to the deaths of millions (25 million in Europe alone between 1346 and 1352) by spreading bubonic plague from rats. The fleas' treachery wasn't discovered until a hundred years ago.

By that time, the threat of the Black Death was fast subsiding, and over the last 20 years only 29 cases of plague have been reported in California, 7 of which were fatal. Anyway, plague is usually the work of the Oriental rat flea, not the fleas I discovered in my living room. That species, the cat flea we generally encounter (along with its nearly identical twin, the dog flea), is not deadly. But it's as resilient as rubber.

How do you get fleas? If you get a pet, you'll probably get fleas, and if your climate has mild winters and autumns, moist springs, and generally high humidity, not only will you have them indoors, but they might also colonize your lawn. In South Texas, cat fleas are called grass fleas.

The 1/10-inch-long cat or dog flea is dark brown, wingless, flattened (so it can fit between hairs), and quite an athlete. If you've ever held a flea and watched it disappear, you've witnessed its most remarkable talent. A muscle-like protein, resilin, located in the thorax above the hind legs, gives it a catapult-like leaping ability, and once the insect is airborne, its grappling-iron legs extend to snag a host.

Pregnant females begin laying eggs a couple of days after their first blood meal—usually four to eight eggs at a time, 4 to 10 times a day. The 1/64-inch, white eggs fall off the animal host into carpets, bedding, or soil. Thus begins a four-stage life cycle from egg to larva to pupa to adult. After 2 to 12 days, the egg hatches into a larva that lives on dry blood and excrement left behind by adult fleas. Weeks to months later, the hairy, wormlike larva spins a cocoon.

Fleas can wait in their cocoons up to a year for a host to come near, well protected from most sprays or dusts you throw at them. That explains how you can board the pets while you take a vacation, and be attacked by fleas a day after returning. Your tormentors, drawn instantly by the availability of warm blood, are newly emerged fleas. That's also why you need repeat treatments (see page 117) to catch them when they're vulnerable: after they've emerged as adults.

Why was my friend bothered, when I wasn't? One mystery is why some people notice bites—usually delivered at the ankle in bursts of two or three—and others don't. It's not a matter of who actually gets bitten (everyone does), but who is sensitive: those who don't feel the bites are simply not allergic to them. On those who are, the red welts where the flea's mouth parts penetrated become irritated and will be sore for a week.

If you are very sensitive, ask an allergist about flea antigen. After treatment, I'm told, you will no longer notice the bites. Or you could try cooling lotions containing menthol, camphor, or calamine.

(Continued on page 117)

THE DIRT ON FLEAS

Length of time a flea will lie unhatched in its cocoon (in grass, carpet, or furniture), waiting for your pet to come near: **up to 12 months**

Height that just-emerged flea can jump to get on your pet: **6 inches**

What that standing broad jump equals in human terms: **more than 350 feet**

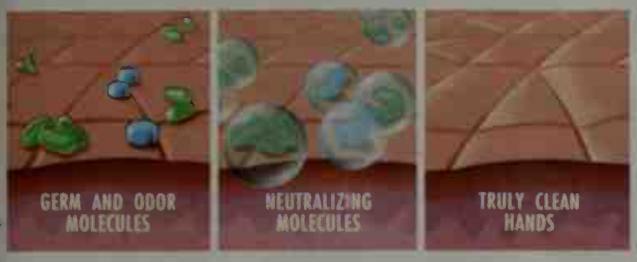
How often, and for how long, a flea dines on your pet's blood: **several times daily, for 4 to 7 minutes per feeding**

Time a flea spends on your pet: **2 months average, up to 8 months**

Average number of eggs a female will lay while on your pet: **35 a day**

Average number of eggs from her that will hatch in your home: **1,745**

SCIENCE FICTION



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FLEA CONTROLS THAT REALLY WORK

In the midst of a flea emergency, you can call a commercial pest control company, which for between $100 and $200 (depending on house size) will apply a commercial insecticide mixed with an insect growth regulator. (One company, Fleabusters, uses a non-poisonous borate salt–type dust.) With some effort, however, you can do as good a job ridding your house of fleas, and for less money. Here are your weapons—and all are non- or minimally toxic to humans:

Flea comb. This metal-toothed tool, available at most pet stores for about $8, allows hair, but not fleas, to pass through. My cat didn't take to it until my son petted her to keep her calm. Have a bowl of soapy water nearby to drop trapped fleas into before they jump off the comb.

Daily combing can control (though not vanquish) fleas, while less-than-daily combing at least helps you see how abundant the fleas are. If you see a dozen, it's time to get busy with the three other remedies.

Diatomaceous earth dust. This finely ground fossil exploits the flea's big weakness—addiction to humidity—by literally drying fleas to death. Apply the inert dust to your pet and its bedding and kennel. Wear a dust mask when applying it.

Mail away for food-grade or amorphous diatomaceous earth (not the kind used in swimming pool filters). It's not currently registered in California for use against fleas (it is registered in Arizona), but can be bought from Pristine Products, 2311 E. Indian School Rd., Phoenix 85016, (602) 955-7031. Cost is about $7 for 5 ounces, enough to dust your pet and its sleeping area. Although one Texas A&M study suggested it was ineffective on lawns, there is considerable anecdotal evidence that it works.

Insect growth regulators. These materials, either methoprene or fenoxycarb, are essential to any successful flea management program—they're basically birth control for fleas. By mimicking natural flea hormones, they prevent eggs from hatching and larvae from becoming adults. Because they don't affect adult fleas, they are usually combined with a pesticide, pyrethrum, that kills adults. In a matter of weeks, the regulators—combined with regular combing, dusting, and cleaning—should do away with your fleas.

Methoprene (also known as Precor) is available from pet stores and veterinarians as a component of various products—concentrates, room foggers, and pump sprays such as Ovitrol, vetkem, Zodiac FleaTrol, or Petcor. Apply pump sprays directly to your pet's body or (with small or skittish pets) to a towel that gets wrapped around the pet. For the head, spray cotton balls and dab everywhere. Buy fenoxycarb from your vet or at a pet store in the product X-O-Trol Flea & Tick Fogger. And whenever you're shopping for a spray or fogger for a flea emergency, look for one that includes either methoprene or fenoxycarb.

Insecticidal soaps. These are sprayed or shampooed onto your pet, and applied outdoors around bedding or over lawns. Some, like Safer Flea & Tick Attack Premise spray ($14 for 64 ounces of ready-to-use spray), include pyrethrum for lawn use. Soaps are available in pet stores or garden centers.

A note on collars: No flea collar by itself is enough to control an infestation. Plastic collars impregnated with an insecticide, such as carbaryl, do kill fleas at first, but soon become ineffective. Also, many pets and people are sensitive to the collars. Herbal and ultrasonic collars have no effect whatsoever. Collars that contain an insect growth regulator will soon be available and will help with long-term flea control. ■

By Michael MacCaskey

SUMMARY: FIVE STEPS TO FLEA CONTROL

1. Vacuum regularly and thoroughly, especially behind doors, along baseboards, in corners, and under furniture, and discard bag contents to remove adult fleas. For extra measure, shampoo or clean carpets, rugs, and cloth furniture.

2. Apply an insect growth regulator (alone or in combination with pyrethrum) as either a spray or fogger.

3. Shampoo your pet with a product recommended by your vet.

4. If your pet spends time outdoors, spray its favorite sleeping places with insecticidal soap. Then regularly apply diatomaceous earth to indoor and outdoor sleeping places.

5. Vacuum every few days, and keep your pet extra clean using both a flea comb and shampoo. Within a month you won't be able to find a flea.

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NORMAN A. PLATE

THREE-YEAR-OLD ROLLIE *is enlisted as ally to test toys with "choke tester": if they fit entirely within tube, they're a hazard to baby brother, Ren.*

Hunting down home hazards

When it came time to childproof a new house for two kids, a Sunset writer's family turned to a professional

PRO CHILDPROOFER *Mark Altman points out perils of tippy lamp to writer's family.*

STRAPPED *plug covers solve two problems: no choke hazard; you don't lose them.*

A HANDFUL OF NEW

ONE IS LIKE NONE, TWO IS LIKE ten," someone once told us. Our second child's arrival brought the truth of that saying home in a hurry.

We'd babyproofed our old house after our first son was born 3½ years ago, but this time we had not only another house to make safe, but also an older child to take into account. We had half the amount of attention to dedicate, more than twice the hazards. And who knew what kinds of things this new boy would get into? Maybe he'd be a thrill-seeking furniture climber, or a budding escape artist intent on foiling any protective hardware we put between him and danger.

To help us uncover the potential perils lurking in our new home, we had a professional childproofer—Mark Altman of The Childproofer in Santa Rosa, California—come out to do a walk-through with us. What he told and showed us was downright scary. He explained, "We try to inundate parents with information."

He says inundate; I say petrify. Here's Mark: "Statistics show that the average North American child will have a broken limb or need stitches by the age of 10. There's a higher rate of accidents for boys than girls—60 percent to 40 percent. For drowning, the number one risk in California, it's

WIRE REEL *gets rid of excess lamp cord, reducing danger of toppling and strangulation.*

SWITCH PLATE LOCK *makes turning on garbage disposal an adults-only operation.*

SLIDING LATCH *straddles top of closet door where adults can reach it, but kids can't.*

AND IMPROVED CHILDPROOFING DEVICES

TRICKIER CATCH *(installed) replaces one easily mastered by children.*

2 to 1; it can happen in an inch or two of water."

After auto accidents, choking was next on his list of hazards for the 5-and-under set. "They're like little human vacuum cleaners," Mark said. He pointed out all of Rollie's little toys scattered around the house that needed to be sequestered because they're the perfect size for his brother, Ren, to choke on. "Watch coins, earrings, paper clips; even the rubber tips on doorstops are a hazard—they pull right off." We asked whether the latches that lock those things away solve the problem. "They help; just make sure you use them *discreetly*."

Poisoning is another major concern. "Be selective when choosing cleaning products. Read labels. Mouthwash has more alcohol than wine does. Keep a poison treatment kit (syrup of ipecac, liquid activated charcoal) on hand at home and when you travel. And always call a poison control center before treating."

Falling rounds out his top five hazards (it's number one for children under age 1). "It's not just their lack of coordination; kids are incredibly top-heavy," Mark said. "Put up gates, but don't bother getting any that are taller than 24 inches; you're just inviting a higher fall. And don't use pressure gates; kids knock 'em over."

It hadn't occurred to us that although the screens on our upper windows do a good job of keeping bugs out, they don't keep kids in. "Low windows shouldn't open more than 5 inches; keep furniture or other climbing structures away from them. Open your double-hung windows from the top. Put thumb locks on the top tracks of your sliding doors and windows where they're out of reach."

Mark included strangulation in the falls category. "Cords have to be kept up high. Attached or not, a length of anything over 12 inches is a strangulation hazard."

Burns and scalds came up next. "Be aware of the intense heat of microwaved food," Mark warned. (He also proved he knows his stuff from firsthand experience with a 6-year-old and twin 2-year-olds when he asked us, "Do you ever get to eat anything hot anymore?")

Turning to fires, Mark advised, "Have a plan. Do a drill. Install plenty of smoke detectors and test them regularly."

To guard against falling furniture: "Secure your tall furniture. It's like earthquake-proofing, which we should all be doing anyway." The last two items on his top 10 list are firearms and suffocation from things like plastic dry cleaning bags. No responsible parent should let these hazards be even a remote possibility.

Mark wrapped up his consultation with some basic guidelines for evaluating all those wonderful childproofing gadgets that have proliferated in the marketplace (the sampling on these pages is just the tip of the iceberg). His gut feeling: use them, but don't rely on them. "The best safety device is supervision. I'd rather recommend no product than one that gives you a false sense of security."

When are these products most useful? Ages 6 to 25 months, he told us. "But leave latches on after that age; the latches define consistent limits that the child recognizes."

So when's the best time to babyproof? "The day before your baby starts crawling." Thanks, Mark. ■

By Bill Crosby

Doubling the deck

The extra space came from projecting the deck beyond the garage top

Someone actually wants t

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NORMAN A. PLATE

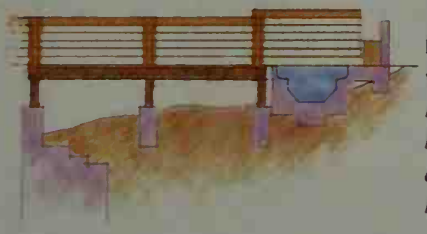
When the wood on their garage-top deck began to warp, homeowners Stephanie Hammer and Larry Behrendt decided to redesign and enlarge their only outdoor living area.

They called on architect Sigrid Miller Pollin of Riverside, California, who more than doubled the deck's size by extending it 15 feet beyond the garage. Pollin also added barbecue storage, built-in seating, and a spa constructed of sprayed cement over rebar and wire lath.

Hillside contours dictated the deck's triangular 30- by 32- by 34-foot shape; a massive concrete retaining wall anchors the garage end of the deck. Below the deck, a 4-by-12 wood beam carries the load from the garage to 4-by-4 wood posts sunk into 30-inch-diameter reinforced concrete footings. A low stem wall supports the spa.

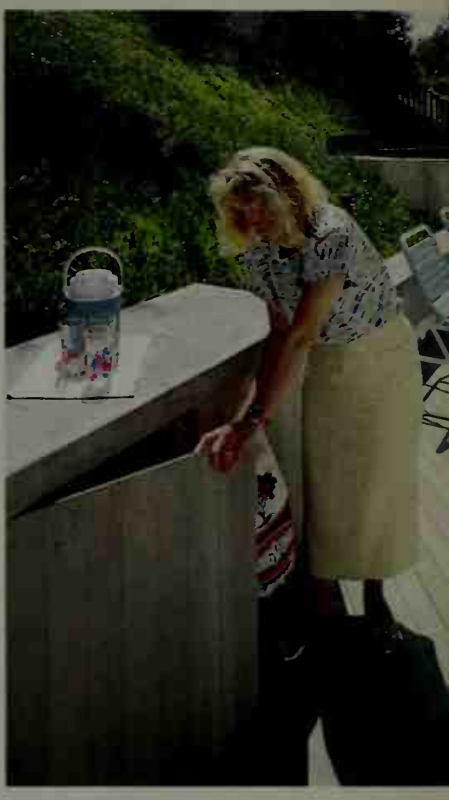
The railing, constructed of redwood 2-by-4s and 1-inch steel pipe, satisfies safety requirements yet doesn't obstruct the view. ■

By Barbara A. Lewis



DECK ADDS *space without scarring hillside. Support beam rests on concrete posts, retaining wall.*

REDWOOD DECK *extends from house to 5-foot-high wall that wraps a spa.*



SLATE TILES *top buffet and bench wall. Cabinet holds barbecue supplies.*

ee pictures of your kids.

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BREAKFAST PENINSULA *defines open end of new kitchen, part of two-room addition (orange on plan at left). View overlooks deck, accessible through adjacent dining room.*

FRENCH DOORS *open new dining area to deck. Kitchen peninsula is visible at right.*

RENEE LYNN

Kitchen and living room leapfrog usefully

ARCHITECTURAL leapfrog was the answer to improving the comfort and circulation of this compact 1880s row house. The kitchen jumped from one side of the living room to the other, becoming part of an addition that also included a new dining room.

Originally the kitchen faced the street, on the west, and the adjacent living room faced the view and a deck, on the east. The dining area occupied one side of the living room—across the house from the kitchen.

San Francisco architects Charles Hall Page and Jay Turnbull added a new kitchen and dining room to the east side, and turned the old kitchen into a study-sitting room. The 300-square-foot addition covers the house's entire 25-foot width.

The dining room opens to the living room on one side, the view and a deck on the other. From the living room, you can look across the dining room through French doors to the deck and distant views. The kitchen opens to both the dining room and the living room. ■

By Daniel P. Gregory

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NORMAN A. PLATE

TO WEAVE TOGETHER *patio and surrounding hillside garden, designer used grab bag of natural materials—stones, branches, wooden poles, and low-growing plants. Even the craggy shadows cast by branch railings are an intentional, uniting touch.*

Is it art . . . or a patio?

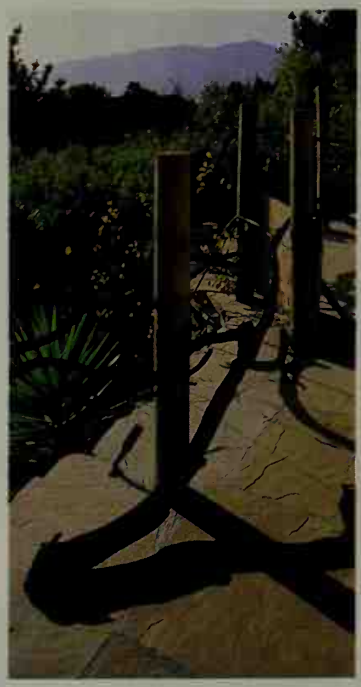
Something of both. Masonry and wood are combined usefully and inventively

TURN THINGS ON their edge to see them in a new way. They say that is what art does, and it is also—figuratively and literally—what landscape designer Topher Delaney did to the masonry and woodwork at this patio overlooking San Francisco Bay.

Owner Abbi Charap wanted a distinct outdoor area that would blend into the natural surroundings. What she got is a broad expanse of Arizona flagstone that extends from the house at floor level. It starts off orderly, but in a few feet special things begin to happen. Intentional cracks become planting pockets for lemon thyme and woolly thyme, supplying soft textures, muted colors, scent, and a look of age to the 24- by 40-foot flagstone surface. Next, to break the patio's flat plane, roughhewn blocks of granite are set on end or side to serve as low seats and tables.

At its border, the patio becomes more whimsical and inventive: several large flagstones, instead of lying flat where you expect them, are tilted up as silhouetted garden boulders. In a final blurring of the boundary between what's manmade and what's natural, the patio concludes in a symbolic fence whose railing of angular manzanita branches blends with the vegetation beyond. ■

By Peter O. Whiteley



SCULPTURAL RAILING *of peeler-core logs and manzanita branches demarcates patio's edge.*

HARD AND POROUS *border mixes upended flagstones and granite blocks with feathery plants.*

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NORMAN A. PLATE

OPENINGS CUT IN TILES *turned them into rustic frames and a broad, low vase. Frames can be freestanding or hung on wall. The vase has a black-painted cake pan glued beneath its triangular opening; a frog holds arrangement upright.*

Frame or vase . . . cut from slate tile

TEXTURE AND COLOR make slate tiles popular for floors and walls. We bought them for different uses: to make a mirror frame, picture frame, and vase. Many tile shops sell precut squares and rectangles ranging in color from black to muted greens, dusty purples, and earth tones. Cost runs about $4 to $6 a square foot.

Some tiles are of even thickness (or gauge), while others vary. Select tiles that have at least one smooth side and are fairly thin—from ⅜ to ½ inch thick.

To cut the square or triangular openings, you'll need a circular saw and a saber saw, each equipped with a masonry blade ($2 to $4; expect to wear blades out). The projects make lots of dust; work outside, and wear protective glasses and a dust mask.

Use the tile's smoother side as the back. On the front, draw the opening you want. Our frames have centered 6-inch squares, the vase a 6-inch equilateral triangle.

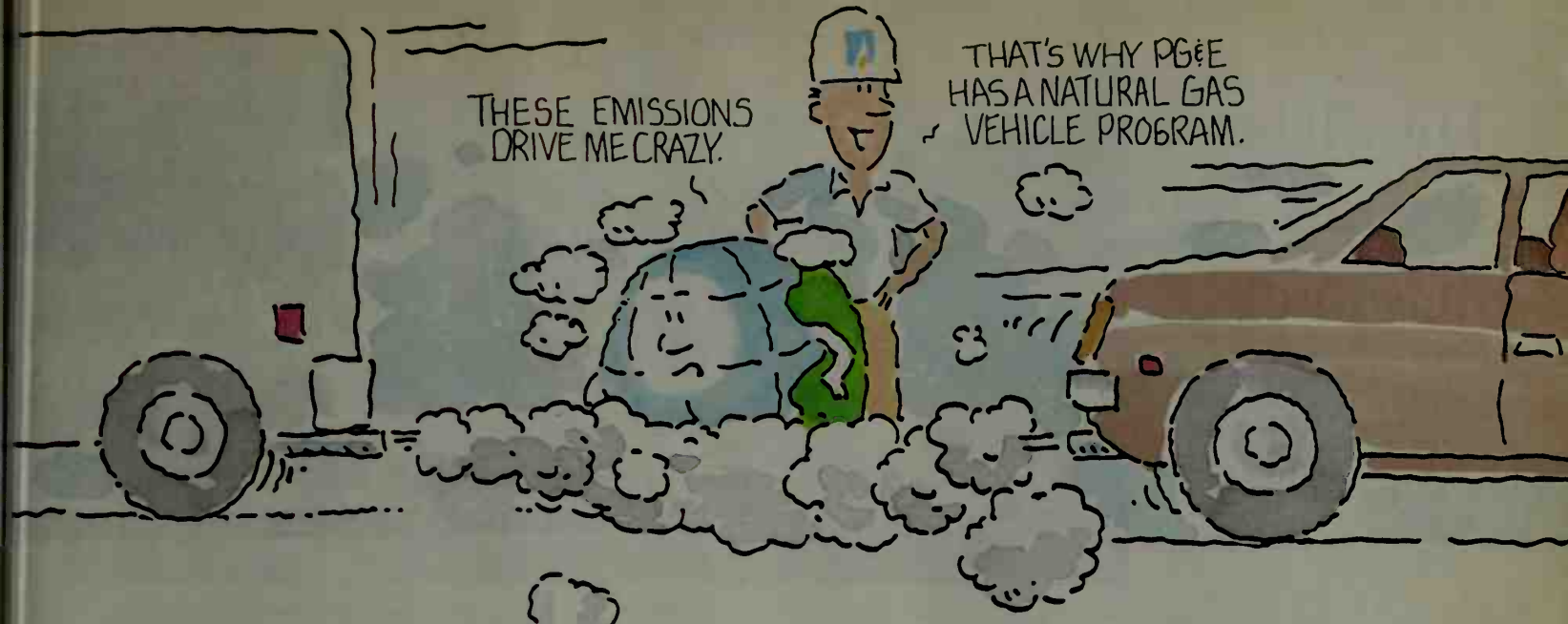
Place the tile on wood scraps that are tall enough that the saw blade will not cut into the surface below. Secure the tile with nails as shown. Center the circular saw blade over each line and slowly cut through the slate. Move the saw so it cuts up to—not beyond—each corner of your drawing. Repeat for each side of your opening, then complete corner cuts with the saber saw.

Our square frames each have a slim pocket secured to the back with silicon glue. Each pocket is a 7-inch square of ⅛-inch hardboard with ¼-inch-square strips of wood glued to three sides as spacers. The pocket can hold a mirror, or ⅛-inch glass and a cardboard backing.

Add eye screws (in wood strips) and picture wire to hang the frame. Or glue a pair of long triangular wood braces to the pocket's sides to angle the freestanding frame upright. To make a reservoir for the vase, use silicon glue to attach a 9-inch-diameter cake pan with a flat top lip beneath the triangle cutout. ■

By Peter O. Whiteley

USE MASONRY BLADE *to cut tiles. To make scored lines (as on mirror frame), set blade for ⅛-inch-deep cuts. Pocket glued on frame back lets you slip in mirror, or picture and glass.*



PG&E is a national leader in the development of natural gas vehicles. In the next ten years, PG&E hopes to help put 125,000 such vehicles on the road. The biggest beneficiary of this program will be the atmosphere.

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Much of the environmental improvement will be achieved by converting traditional gasoline-powered engines. But PG&E is also helping major auto manufacturers design vehicles specifically to run on natural gas.

And PG&E is working with major oil companies, setting up a system of natural gas fueling stations around Northern and Central California for commercial use.

The program is not just for PG&E vehicles. Entire fleets of commercial vans and trucks will be making this change. It's clearly a change for the better.

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SMARTER ENERGY FOR A BETTER WORLD

They'll be sleeping in the clouds

BILLOWY BED RAIL *keeps top bunkers secure. Ladder clips to far end of roomwide platform.*

MAKING SURE THE TOP bunkers don't drift is cirrus business in this colorful guest bedroom. Lacquered medium-density fiberboard forms the cloud barrier, which is attached with carriage bolts to the front rail of the bunk.

The ladder to the upper bunk is heavy steel, requiring an adult to move it, so it can't be moved accidentally once it's in place. It hangs on the opposite wall when "heaven" is off-limits.

Depending on their ages, four to six children can share the bunk beds. Tucson architect Judith Chafee designed the beds as part of Miriam Finkel's guest house. ■

By Bill Crosby

NORMAN A. PLATE

METAL HANGER *on wall opposite bunk keeps heavy steel ladder out of the way when it's not being used.*

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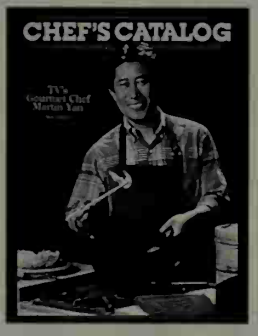

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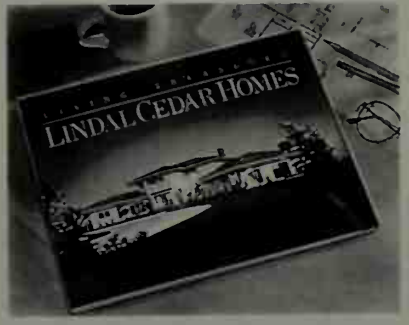

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Things look different here.

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OFFER EXPIRES December 1, 1992

September Menus

QUICK, SEASONAL, BUDGET-WISE . . . FOR FAMILY AND FRIENDS

September and school mark the return to more rigid schedules. But, as usual, summer makes a heated protest to its passing and spurs a flood of prime-value produce. No-fuss meals, cool foods, and freshly harvested ingredients make sensible menu companions.

Make-ahead steps figure significantly in the patio dinner, the cool fish supper, and the chilled main-dish soup.

PATIO BARBECUE (at right)
Herb-stuffed London broil and small potatoes shared space on the barbecue. Peak-season tomatoes make the salad.

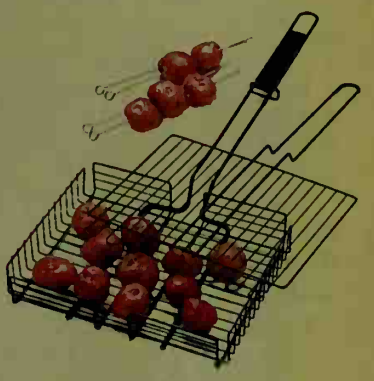
COOL SALMON SUPPER (page 134)
Vivid hue of blackberry sauce complements cool poached salmon steak, tender-crisp carrots, and crunchy snap peas.

LUNCH FOR A HOT AFTERNOON (page 136)
Curried corn and shrimp soup is refreshing and low in fat. Dessert is ripe nectarines, spiced cream, and cookies.

THE DETAILS

Smoking Chips

Soaked mesquite, hickory, or apple wood chips smolder on hot coals for smoke flavor.



Grill Control

Hinged basket or double skewers control small potatoes on barbecue.

Functional Decor

Citronella candles cast soft, warm light and discourage flying nighttime bugs.

Ripe Tomatoes

Keep tomatoes at room temperature to ripen; chilling halts process.

PETER CHRISTIANSEN

PATIO BARBECUE

Mesquite-grilled Stuffed London Broil and New Potatoes

Mixed Tomato Salad with Arugula and Sage

Steam Beer

Sparkling Water

Apple Pie

As potatoes simmer prior to grilling, slit a pocket in the steak and fill with seasonings. While these foods cook on the barbecue, finish the salad. Or take advantage of the many make-ahead steps.

To follow old-fashioned steak, potatoes, and tomatoes, what could be more fitting than apple pie?

Mesquite-grilled Stuffed London Broil and New Potatoes

- 1 piece (2½ to 2¾ lb.) first-cut top round beef (sometimes called London broil), about 2 inches thick
- ¼ cup minced parsley
- 3 cloves garlic, minced
- 2 tablespoons grated lemon peel
- About ½ cup mesquite, apple, or hickory wood chips
- 3 to 3½ pounds small (about 1½-in.-diameter) red thin-skinned potatoes, scrubbed
- ½ cup balsamic or red wine vinegar
- 3 tablespoons Dijon mustard
- 1 tablespoon salad oil

With a long, sharp knife, cut a horizontal pocket about ¾ of the way through the meat on a long side. Combine parsley, garlic, and lemon peel; spread mixture evenly in meat pocket. If assembling ahead, wrap airtight and chill up to 6 hours.

Pour enough warm water over wood chips to make them float; let soak at least 15 minutes.

In a 5- to 6-quart pan, combine potatoes and 3 quarts water. Cover, bring to a boil over high heat, and then simmer until potatoes are just barely tender when pierced, about 20 minutes. You can keep potatoes warm in water, off the heat, up to 45 minutes. Drain potatoes.

Stir together vinegar, mustard, and oil. Add half the vinegar mixture to potatoes in pan; mix well. Put potatoes in a grilling basket or thread on long (at least 12-in.) metal skewers; use a fork to guide hot potatoes. Push a second skewer through potatoes, parallel to and about ½ inch from the first, to keep potatoes from spinning.

Drain wood chips; scatter them over a solid bed of medium-hot coals (you can hold your hand at grill level only 3 to 4 seconds). Place a lightly greased grill 4 to 6 inches above coals. Lay meat on grill. Turn steak as needed to brown evenly and cook until a thermometer inserted into thickest part registers 135° for rare (or meat is still red in center—cut to test), 12 to 15 minutes per side.

After meat has cooked 10 minutes, lay potatoes on grill; turn and baste often with remaining vinegar mixture until potatoes are browned and tender when pierced, about 20 minutes. Put meat on a platter; push potatoes from skewers onto platter. Slice meat through filling. Makes 6 to 8 servings.

Per serving: 382 cal.; 34 g protein; 12 g fat (3.9 g sat.); 32 g carbo.; 188 mg sodium; 87 mg chol.

Mixed Tomato Salad with Arugula and Sage

- 3 to 3½ pounds firm-ripe tomatoes, equal parts red and yellow, or all red, rinsed and cored
- ½ pound *each* red and yellow cherry tomatoes, stemmed and rinsed
- ¼ pound arugula or watercress, rinsed and crisped
- 2 tablespoons minced fresh or 2 teaspoons dried rubbed sage leaves
- ⅓ cup balsamic or sherry vinegar
- 2 tablespoons extra-virgin olive oil or salad oil
- Fresh sage sprigs
- Salt

Cut large tomatoes into ¼-inch-thick slices onto a large platter. Arrange cherry tomatoes and arugula on slices; sprinkle with minced sage. Mix vinegar and oil; pour over salad. Garnish with sage sprigs. Season to taste with salt. Serves 6 to 8.

Per serving: 79 cal.; 2.0 g protein; 4.2 g fat (0.6 g sat.); 11 g carbo.; 20 mg sodium; 0 mg chol.

PETER CHRISTIANSEN

TART BERRY-TINTED SAUCE *glazes cold poached salmon steak served with chilled carrots and sugar snap peas.*

COOL SALMON SUPPER

Poached Salmon with Blackberry Cream

Tender-Crisp Carrots and Peas

Crusty Rolls

Dry Chenin Blanc

Frozen Vanilla Yogurt

This cool meal can be completed the day before.

Poached Salmon with Blackberry Cream

- ½ cup dry white wine
- 3 tablespoons lemon juice
- 2 dried bay leaves
- 1 tablespoon peppercorns
- 4 salmon steaks (each about ¼ lb. and 1 in. thick)
- 1½ cups blackberries, rinsed and drained (or unsweetened frozen blackberries)
- 1 cup regular-strength chicken broth
- ½ cup chopped fresh or 3 tablespoons crumbled dried mint
- 3 tablespoons raspberry vinegar or red wine vinegar
- 2 teaspoons sugar
- 3 tablespoons whipping cream
- Mint sprigs (optional)

In a 5- to 6-quart pan, combine 2 quarts water, wine, lemon juice, bay leaves, and peppercorns. Cover and bring to a boil over high heat; simmer 15 minutes. Add salmon, cover, and remove from heat. Let stand until salmon is still moist-looking but opaque in thickest part (cut to test), about 8 minutes. Do not disturb until it is time to test; if not done, cover and let stand until it tests done.

Drain salmon well. Set on a platter, wrap airtight, and chill until cool or cold, at least 1 hour or up to a day.

In a 1- to 1½-quart pan, combine 1 cup berries, broth, chopped mint, vinegar, and sugar. Bring to a boil over high heat. Cover and simmer until berries fall apart, about 5 minutes; stir often. Press

If you're not tossing a salad with Lawry's, you're missing something.

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We took an elegant Cabernet Sauvignon from Sonoma, California. Carefully aged in oak casks. Then combined its mellow, full-bodied flavor with a delicate blend of savory ingredients. Creating a truly intriguing way to dress a salad. May we also suggest our equally tantalizing White Wine Vinaigrette with Chardonnay. As well as our superb Italian and Caesar Classic Dressings. Lawry's. One taste and you'll know what you've been missing. LAWRYS

Lawry's® Red Wine Vinaigrette with Cabernet Sauvignon. The difference is delicious.

PETER CHRISTIANSEN

CORN KERNELS, TINY SHRIMP, *and bell pepper strips swim in lean, cool soup with buttermilk-apple base.*

through a fine strainer into a bowl; discard residue. Rinse pan and return sauce to it. Boil on high heat, stirring often, until reduced to about ½ cup. Stir in cream. Let cool, then cover and chill until cold, about 1 hour or up to a day. Cover and chill (or keep frozen) remaining berries.

Arrange salmon on plates. Spoon sauce over portions; garnish with reserved berries (partially thawed, if frozen) and mint. Serves 4.

Per serving: 224 cal.; 21 g protein; 10 g fat (3.2 g sat.); 11 g carbo.; 62 mg sodium; 67 mg chol.

Tender-Crisp Carrots and Peas

- ½ pound baby carrots
- ½ pound sugar snap peas
- Raspberry vinegar and salt

Peel carrots. Remove ends and strings from peas. Rinse vegetables.

In a 5- to 6-quart pan over high heat, bring about 3 inches water to boiling. Add carrots; cook until barely tender when pierced, about 1 minute. Add peas; when just brighter green, in about ½ minute, drain and immerse vegetables in ice water. When cold, drain. Serve, or cover and chill up to a day. Season to taste with vinegar and salt. Serves 4.

Per serving: 59 cal.; 2.1 g protein; 0.1 g fat (0 g sat.); 13 g carbo.; 24 mg sodium; 0 mg chol.

LUNCH FOR A HOT AFTERNOON

Curried Corn and Shrimp Soup
Mixed Green Salad
Giant Breadsticks
Sparkling Cider
Gewürztraminer
Sliced Nectarines
Cinnamon Cream
Gingersnaps

Start the soup several hours ahead, or the day before; it takes only a few minutes to make but needs time to chill.

For a quick salad, purchase ready-to-use mixed greens, such as mesclun, and season the tender leaves with a dressing of oil and lemon juice.

As a whimsical touch, buy extra-long breadsticks, often sold at Italian bakeries and specialty food shops. If the long breadsticks are unavailable, regular breadsticks work as well.

Allow 1 to 2 ripe nectarines for a dessert serving; offer with cinnamon-flavored whipped cream, an indulgence you can afford with the low-fat soup. Buy gingersnaps or bake your favorite ginger-flavor cookies.

Curried Corn and Shrimp Soup

- 2 cups regular-strength chicken broth

Where does that fresh, new Honey Dijon Ranch come from?

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- 2 medium-size (about 1 lb. total) tart apples, peeled, cored, and chopped
- 1 large (about 10 oz.) onion, chopped
- ½ teaspoon curry powder
- 1 large (about ⅔ lb.) red bell pepper, stemmed and seeded
- 4 cups cold buttermilk
- ¼ cup lime juice
- 1½ cups cooked corn kernels
- ½ cup minced fresh cilantro (coriander)
- ⅓ pound tiny cooked shrimp
- Cilantro sprigs (optional)

In a 4- to 5-quart pan over high heat, combine broth, apples, onion, and curry. Cover, bring to a boil, and simmer until apples mash easily, about 30 minutes. Let cool, then cover and chill until cold, at least 3 hours or up to a day.

Smoothly purée mixture in a blender or food processor.

Cut a few thin slivers from bell pepper and set aside; dice remaining pepper. Put diced pepper in a tureen with apple purée, buttermilk, lime juice, 1¼ cups corn, and minced cilantro. If making ahead, cover and chill soup, pepper strips, and extra corn up to a day.

Ladle soup into bowls and and top with equal amounts of shrimp, remaining corn, bell pepper strips, and cilantro sprigs. Serves 6.

Per serving: 213 cal.; 14 g protein; 3.1 g fat (1.2 g sat.); 36 g carbo.; 257 mg sodium; 55 mg chol.

Cinnamon Cream

- ½ cup whipping cream
- 2 tablespoons powdered sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon vanilla

In a bowl, whip cream, sugar, cinnamon, and vanilla until soft peaks form. If making ahead, cover and chill up to 2 hours; whisk to fluff before serving. Makes about 1 cup, 4 to 6 servings.

Per tablespoon: 26 cal.; 0.2 g protein; 2.3 g fat (1.4 g sat.); 1.2 g carbo.; 2.5 mg sodium; 8.3 mg chol. ■

By Christine B. Weber

To use our nutrition information

Sunset recipes contain nutrition information based on the most current data available from the USDA for calorie count; grams of protein, total fat (including saturated fat), and carbohydrate; and milligrams of sodium and cholesterol.

This analysis is usually given for a single serving, based on the largest number of servings listed for the recipe. Or it's for a specific amount, such as per tablespoon (for sauces), or by a unit, as per cookie.

The nutrition analysis *does not include* optional ingredients or those for which no specific amount is stated (salt added to taste, for example). If an ingredient is listed with an alternative—such as "unflavored yogurt or sour cream"—the figures are calculated using the first choice or a comparable food. Likewise, if a range is given for the amount of an ingredient (such as ½ to 1 cup butter), values are figured on the first, lower amount.

Recipes using regular-strength chicken broth are based on the sodium content of salt-free homemade or canned broth. If you use canned salted chicken broth, the sodium content will be higher.

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NORMAN A. PLATE

WARMED RASPBERRIES *flavor chilled melon.*

Cool melon, hot sauce

RED ON RED, SWEET with tart, hot on cold create a sensuous interplay of color, taste, and temperature in this marvelously light dessert. It takes just minutes to produce: heat sweetened balsamic vinegar, toss in raspberries, then splash onto ice-cold watermelon wedges.

Watermelon with Hot Raspberry Vinaigrette

- 4 chilled watermelon wedges, with or without seeds, each about 3 inches thick at base and 8 to 10 inches wide
- Hot raspberry vinaigrette (recipe follows)

Set wedges on plates. Spoon berry mixture over melon. Makes 4 servings.

Per serving: 117 cal.; 1.7 g protein; 1.2 g fat (0 g sat.); 27 g carbo.; 4.8 mg sodium; 0 mg chol.

Hot raspberry vinaigrette. In a 1- to 1½-quart pan over high heat, bring ⅓ cup **balsamic vinegar** and 2 tablespoons **sugar** to a boil. Stir in 1 cup rinsed and drained **raspberries.** Use hot. ■

By Betsy Reynolds Bateson

THAT GLOB OF SAUERKRAUT YOU SWALLOWED AT AGE FIVE LEFT A LASTING IMPRESSION ON YOUR TASTEBUDS.

FORTUNATELY, YOU CAN CHANGE ALL THAT WITH THIS RECIPE FOR *Quiche.*

Reuben Quiche to be exact. A tasty little recipe you can put together in just an hour and will make up to eight servings. Here's what you'll need for ingredients: 1 tablespoon of caraway seed; 1 nine-inch uncooked pastry shell; 8 ounces corned beef, shredded; 1 tablespoon Dijon-style mustard; 3/4 cup sauerkraut, squeezed and drained; 2 cups swiss cheese, grated (8 ounces); 2 eggs, beaten; 1 cup half-and-half; 1 teaspoon grated onion; 1/2 teaspoon dry mustard. Preheat oven to 375 degrees. Sprinkle caraway seeds over pie crust. Prick crust and bake for 7 minutes. Fill pie shell with corned beef. Spread mustard over meat; top with sauerkraut and cheese. Mix together eggs, cream, onion and mustard. Pour into pie shell and bake for 40 minutes. Let stand 5 minutes before cutting. Serve 6 to 8 people then soak up the praise.

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Steinfeld's® WESTERN ACRES

TRY SOMETHING NEW THAT'S BEEN AROUND FOREVER.

Spain's great summer soup . . . with some New World innovations

BARCELONA'S SUMMER Olympics and Seville's Expo '92 have turned the world's attention to Spain this year, making it a fitting time to pay tribute to one of Spain's great dishes: gazpacho.

Creating a buffet menu around gazpacho is an appealing way to entertain for some very practical reasons: it's a meal of choice (guests create servings to suit their own preferences at their own rate of speed), the elements are inherently handsome, and you can organize them well in advance.

In most people's minds, gazpacho is red because it's based on tomatoes. But this was not always so. In Andalusia, where gazpacho was born, the basic form was bread pounded with olive oil and seasoned with garlic, almonds, and vinegar—sometimes with a garnish of fruit like tart grapes; it's the kind of dish you learn to like by growing up with it.

When tomatoes were taken back to Spain by the explorers, they were the first of a parade of New World ingredients, including avocados, to diversify this soup. Today's gazpacho is quite international. In Mexico, bread isn't basic; peppers (from bells to chilies) are often included, as is tomato juice or broth for a light, refreshing base. Sour cream might be added for smoothness.

Certainly, many such gazpachos have made their way into the repertoire of the Western kitchen. What's really best? We think you ought to decide, and a gazpacho buffet provides the test arena.

DON NORMARK

MADRID MARKET *offers New World tomatoes for the evolved gazpacho.*

GAZPACHO BUFFET FOR 12

Make-Your-Own Gazpacho Extravaganza

Whole-grain and Crusty Breads

Sangría

Mineral Water

Flan

Almond Macaroons

Make the broth base several days ahead; prepare condiments in the morning. You can purchase a wine-based sangría, or make one using a favorite recipe.

For dessert, caramel-coated flan is more flavorful if made the day before.

Wide soup bowls work best for the gazpacho.

Make-Your-Own Gazpacho Extravaganza

Andalusian broth (recipe follows)

6 cups chilled tomato juice or Bloody Mary mix

Garden buffet (choices follow)

Salted roasted almonds (1½ to 2 cups)

Garlic croutons (recipe follows)

Sherry vinegar (at least 1½ cups)

Extra-virgin olive oil (at least 1 cup)

Liquid hot pepper seasoning

Salt and pepper

3 cups light sour cream or unflavored yogurt

Lemon or lime wedges (at least 4 whole fruit)

Pour broth and tomato juice into separate serving containers such as tureens, handsome bowls, or pitchers. To keep liquids cold, set containers in larger, shallow ones and pile ice cubes around them. Or add ice cubes to individual servings.

Arrange containers and elements of the garden buffet, almonds, and croutons beside the broth. Put vinegar, olive oil, and liquid hot pepper in small bottles or cruets and place with foods. Have salt and pepper in small dishes, grinding mills, or shakers.

Invite each person to prepare gazpacho by the bowl to taste: ladle broth or juice (or a blend) into bowl; add a dollop of sour cream. If desired, stir sour cream into liquid to make a creamy base. Then add choices from garden buffet, almonds, croutons, vinegar or juice from lemon or lime wedges, oil, hot pepper seasoning, salt, and pepper. Serves 12 to 14.

Per serving with 2 cups broth; ¼ cup each tomatoes, bell peppers, cucumber, onion, avocado, and grapes; ¼ cup light sour cream; and 2 tablespoons almonds: 404 cal.; 15 g protein; 26 g fat (6.6 g sat.); 34 g carbo.; 499 mg sodium; 20 mg chol.

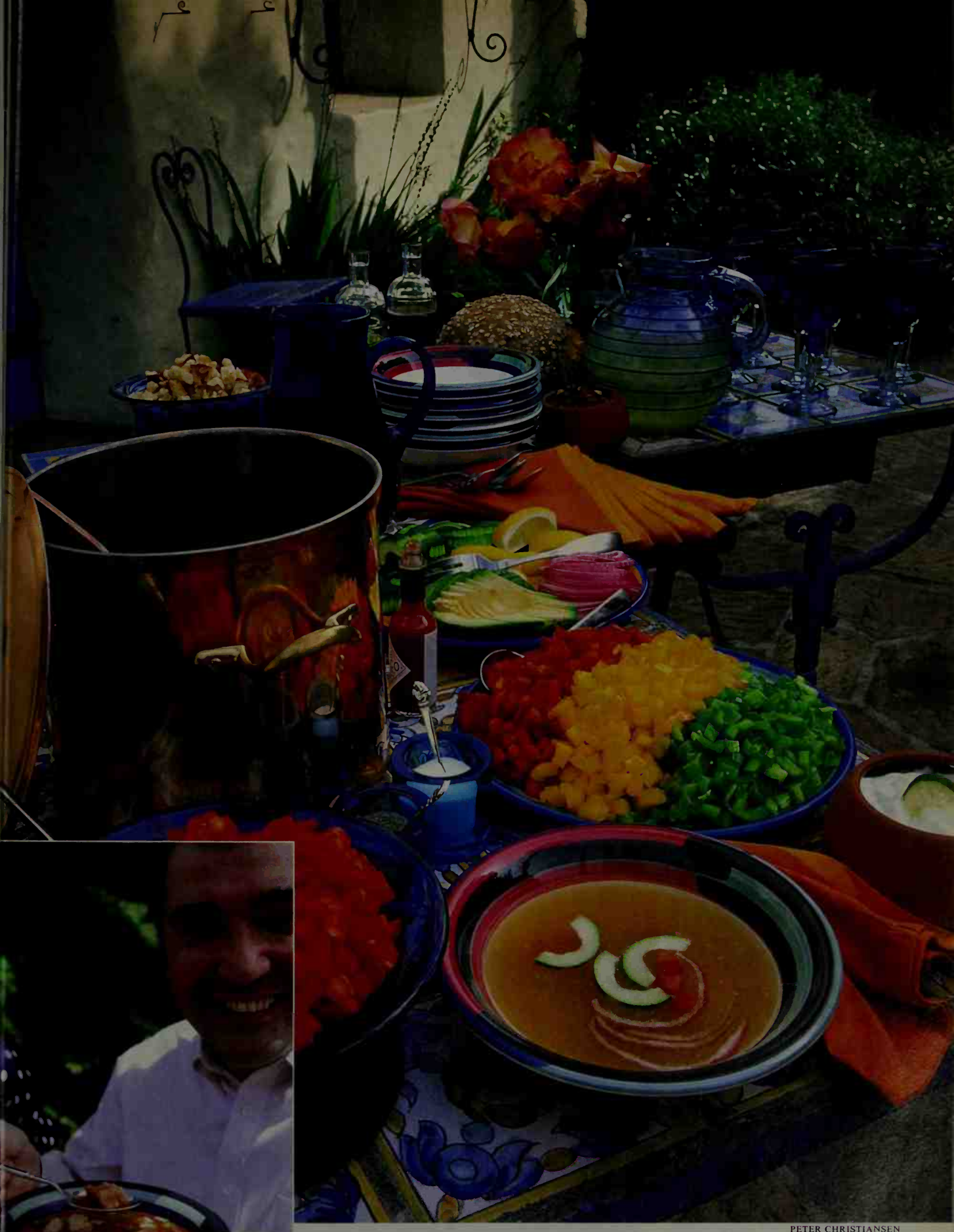
Andalusian broth. In a 10- to 12-quart pan, combine 6 quarts **regular-strength chicken broth,** 2 quarts **water,** 3 pounds **beef** or veal **bones** (or 2 lb. bony shank slices), 2 pounds **bony chicken parts** (backs, necks, wing tips), 2 large (about 1 lb. total) chopped **onions,** pared peel (colored part only) of 3 **lemons,** and ½ cup **sherry vinegar.** Bring to a boil over high heat. Cover and simmer for 2 hours. Pour broth through a colander into a large bowl; discard residue. Rinse pan; line colander with clean, damp cheesecloth and pour broth through it into pan. Cover and chill until fat on surface is hard, 8 hours or up to 3 days. Discard fat. You should have 6 quarts; if not, add water to make this amount. Use cold.

Garden buffet. You need 4 to 4½ quarts total of at least 4 of the following choices: 6 to 8 cups diced ripe **tomatoes** (red or yellow), 4 to 6 cups diced **bell peppers** (1 or several colors), 2 to 3 cups thinly sliced **cucumber,** 1 to 2 cups paper-thin **red onion** slices (moistened with **lemon juice**), 2 to 3 cups thin **avocado** slices (moistened with **lemon juice**), and 3 to 4 cups **seedless grapes.** If preparing ahead, cover and chill up to 3 hours.

Garlic croutons. Cut a 1-pound loaf of **sourdough bread** into ¼-inch cubes. Mix ¼ to ½ cup **olive oil** with 4 cloves minced **garlic;** mix with bread. Spread cubes in 2 pans, 10 by 15 inches each. Bake in a 300° oven until golden brown and crunchy, about 35 minutes; stir often. Serve warm or cool; when cool, store airtight up to 3 days. Makes 12 cups.

Per ½ cup: 67 calories; 1.7 g protein; 2.6 g fat (0.3 g sat.); 9.2 g carbo.; 104 mg sodium; 0 mg chol. ■

By Christine B. Weber



PETER CHRISTIANSEN

COLORFUL BUFFET *for custom-made gazpacho: guests start with bowls of chilled broth, then add an array of garden vegetables, seasonings, and croutons.*

NORMAN A. PLATE

BABY SALMON FILLETS *bake with squash in sweet-tart lime sauce. Lean sauce goes with the fish and vegetable.*

Quick and easy: fish suppers with vegetables

Just what the cook wants to pop in the oven

MORE FAMILY MEALS that are easy to make and baked using everyday fish: that's a priority Western cooks often underline as needing more attention. These two dishes fit the bill. Each pairs boned, skinned fillets with a vegetable; the first combines baby salmon with squash, the second rockfish and potatoes. They bake with little attention—and you don't have to turn the fragile fish over.

In both recipes, you start the vegetable, then add the fast-cooking fillets later. A peaceful break between steps gives you time to set the table and make a salad or prepare another vegetable to round out a simple menu.

Baby Salmon Fillets with Squash, Brown Sugar, and Lime

- 1½ pounds banana or Hubbard squash, cut into 4 equal pieces
- 1½ cups regular-strength chicken broth
- 2 teaspoons salad oil
- 4 baby salmon fillets (each about 5 oz.), rinsed
- ¼ cup firmly packed brown sugar
- ¼ cup lime juice
- Lime wedges (optional)
- Salt and pepper

If squash has seeds, scoop out and discard. Lay squash, skin up, in a 10- by 15-inch or 11- by 14-inch pan and add broth. Bake, uncovered, in a 350° oven until tender when pierced, 45 minutes to 1 hour. Remove from oven; turn heat up to 450°.

Turn squash over and move to an end of pan. Lift opposite end of pan and lightly oil the exposed bottom. Lay fillets, side by side (they can overlap slightly), in oiled section. Mix brown sugar and lime juice; spoon about ½ the mixture over squash and fish. Return to oven and bake until salmon is opaque but still moist-looking in center of thickest part (cut to test), about 8 minutes. After fish has baked 5 minutes, spoon remaining lime mixture over fish and squash.

Transfer fish and squash to dinner plates; garnish with limes. Stir to blend pan juices, then pour into a small pitcher. To individual portions, add juices, salt, and pepper to taste. Makes 4 servings.

Per serving: 331 cal.; 31 g protein; 12 g fat (1.9 g sat.); 24 g carbo.; 97 mg sodium; 78 mg chol.

Rockfish and Tiny Potatoes with Mustard-Honey Glaze

Accompany with a vegetable, such as green beans or broccoli.

- 1 tablespoon olive or salad oil
- 16 small (1- to 1½-in. diameter) thin-skinned potatoes, scrubbed
- ¼ cup Dijon mustard
- 2 tablespoons honey
- 4 rockfish fillets (each about 5 oz.), rinsed
- Salt and pepper

In a 10- to 15-inch pan, combine oil and potatoes; roll potatoes around until coated with oil. Bake in a 425° oven until potatoes give readily when pressed, about 25 minutes.

Meanwhile, combine mustard and honey. Brush fish with about ½ the mixture.

When potatoes are tender, push to an end of pan and brush with remaining mustard-honey mixture. Lay fish, in a single layer, in pan. Bake until fish is opaque but still moist-looking in center of thickest part (cut to test), 8 to 10 minutes.

Transfer potatoes and fish to dinner plates. Stir pan juices and pour into a small pitcher. To each portion, add juices, salt, and pepper to taste. Makes 4 servings.

Per serving: 488 cal.; 33 g protein; 7.2 g fat (1.0 g sat.); 72 g carbo.; 562 mg sodium; 50 mg chol. ■

By Betsy Reynolds Bateson

ROCKFISH FILLET *and tiny thin-skinned potatoes share mustard-honey glaze; they bake in the same pan, but the potatoes start first.*

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Baking with honey sweetens Jewish New Year

Delicious desserts from a new-traditions Los Angeles cook

NORMAN A. PLATE

JEWISH NEW YEAR TREATS *feature honey used three ways: with apple slices, baked in chiffon cake, and in cookies.*

HONEY SYMBOLIZES hope for a sweeter year ahead at Rosh Hashanah, the Jewish New Year. Honey might be presented simply as a dip for apple slices. Or it might be used in pastries. Lorraine Shapiro of Los Angeles, who has made a specialty of creating Jewish traditional dishes with a lighter touch, shares two fine examples of her efforts—a moist, tender honey and coffee–flavor chiffon cake, and honey and orange–glazed bar cookies. To meet Jewish dietary rules, do not use butter in these recipes. Sift all-purpose flour before measuring.

Honey Chiffon Cake

- 2 cups sifted all-purpose flour
- 1 tablespoon baking powder
- ¼ teaspoon baking soda
- 1½ teaspoons ground cinnamon
- ¼ teaspoon *each* ground allspice, ground ginger, and ground nutmeg
- ¼ teaspoon salt
- 7 large eggs, separated
- ¾ cup granulated sugar
- ⅔ cup honey
- ½ cup salad oil
- ⅔ cup strong, cool coffee
- About 2 tablespoons powdered sugar (optional)

In a small bowl, mix flour, baking powder, baking soda, cinnamon, allspice, ginger, nutmeg, and salt.

In a deep bowl, whip egg whites at high speed until foamy. Beating, gradually add 6 tablespoons granulated sugar, and whip until whites hold short, distinct peaks; set aside.

In another bowl, whip egg yolks, honey, and remaining granulated sugar at high speed (no need to wash beater) until mixture is thick and lighter in color; scrape bowl often. Beat in oil and coffee. Add flour mixture; beat to blend well. Stir about ¼ of the whites into batter. Gently but thoroughly fold in remaining whites.

Scrape batter into an ungreased 10-inch-wide tube pan with removable rim; smooth batter. Bake in a 325° oven until cake springs back when pressed in its center and sides begin to pull from pan, about 55 to 60 minutes.

Cool cake in pan, bottom up; support pan by setting tube over neck of a sturdy bottle (or, if rim has metal legs, on the legs). When cool, turn upright and run a thin-bladed knife between cake and pan and tube. Lift tube and cake from rim. Slide knife between cake and pan bottom. Invert cake onto a plate. Lift off tube; if desired, turn cake wide end up. Dust with powdered sugar. Serve, or wrap airtight and keep up to a day. Freeze to store longer; thaw wrapped. Slice thinly. Makes a 2¼-pound cake; serves 12 to 16.

Per serving: 226 cal.; 4.2 g protein; 9.1 g fat (1.6 g sat.); 32 g carbo.; 155 mg sodium; 93 mg chol.

Honey-Sesame Bars

- 1⅓ cups sesame seed
- 1 cup sifted all-purpose flour
- ½ cup whole-wheat flour
- ½ cup sugar
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- 2 large eggs
- ½ cup sugar
- ⅓ cup honey
- ¾ cup salad oil
- 1½ teaspoons grated orange peel
- Honey glaze (recipe follows)

In an 8- to 10-inch frying pan over medium heat, shake sesame seed often until toasted, 5 to 7 minutes. Pour into a large bowl and mix with all-purpose flour, whole-wheat flour, sugar, baking powder, and salt.

In another bowl, beat to blend eggs, sugar, honey, oil, and peel. Mix well with dry ingredients. Spread the batter in an oiled 9- by 13-inch pan.

Bake in a 375° oven until richly browned and center springs back when lightly touched, 18 to 20 minutes. Remove from oven and, with a slender skewer, pierce through cake to pan at ½-inch intervals, then pour honey glaze evenly over cake. Let stand at least 10 minutes. Serve, or when cool, cover, and hold at room temperature up to a day. Cut into 24 pieces. Makes 12 servings.

Per piece: 219 cal.; 2.8 g protein; 13 g fat (1.8 g sat.); 25 g carbo.; 73 mg sodium; 18 mg chol.

Honey glaze. In a bowl, beat to blend ½ cup **honey,** 3 tablespoons melted **margarine** or butter, and 1½ teaspoons grated **orange peel.** ■

By Karyn I. Lipman

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Bertolli Strawberry Crostatine

Crust:
1/4 cup Bertolli Extra Light Olive Oil
1-1/4 cups all-purpose flour
2 Tbsp. sugar
1 tsp. grated lemon zest
1/2 tsp. salt
2 to 3 Tbsp. low-fat milk

Filling:
2 pts. med.-sized strawberries, rinsed and hulled
1/2 cup granulated sugar
3 Tbsp. cornstarch
1/2 cup water
1 Tbsp. fresh lemon juice
Confectioners sugar

1. Crust: Preheat oven to 400°F. Stir flour, sugar, lemon zest and salt with a fork until blended. Whisk the oil and milk together. Gradually add milk mixture tossing with fork until dough forms a ball. Add more milk, if needed. Press dough into a disc. Divide into 8 wedges. Roll each between two sheets of waxed paper into small circles large enough to fit 3" tart pans. Press into pans; trim edges. Place a 4" square of waxed paper in each tart pan; weight with a layer of dried beans or rice. Bake 10 min.; remove paper and beans. Bake until golden, about 5 min. Cool. Remove pastry shells from pans.
2. Filling: Reserve 24 berries for top of crostatine; cut in half; reserve. Thinly slice remaining berries. In a saucepan, stir sugar and cornstarch until blended. Stir in water and half of berry slices; cook, stirring and mashing berries until boiling, thick and shiny. Off heat, add remaining sliced berries and lemon juice. Cool at room temperature.

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3. One hour before serving, spoon cooled berry mixture into pastry shells; smooth top; refrigerate. Before serving, arrange the halved berries, cut side down, on top of crostatine. Sprinkle with confectioners sugar. Serves 4.

NUTRITION DATA PER SERVING:
Calories 229. Calories from Fat 68. Protein 3g. Carbohydrate 39g. Dietary Fiber 3g. Fat 8g. Saturated Fat 1g. Monounsaturated Fat 6g. Cholesterol 0mg. Sodium 141mg.

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PURÉED TOMATOES *drain clear. Jell juice slightly, shape crab salad, then serve together, as Alain Rondelli, right, does.*

PETER CHRISTIANSEN

A chef's jelly joke

It's puréed tomatoes, clear, intense and refreshing

A JOKE IN GOOD TASTE aptly describes this sleight-of-hand dish. It's a simple crab salad surrounded by a colorless, soft aspic. But because the aspic is made of juice drained from ripe tomatoes, the first bite surprises. The tomato flavor is intense. Succeeding bites appeal because the taste is quite refreshing.

Although this dish is a specialty featured by Alain Rondelli, chef at Ernie's Restaurant in San Francisco, it is easy to make. You need ripe tomatoes, plentiful now, and a head start of at least 12 hours. When you purée the tomatoes and drain them through a cloth without pressure, the liquid that comes through is clear, not red.

Crab Cakes with Tomato Water Jelly

- 8 slender (about ½-in.-wide) asparagus spears, tough ends removed
- 1 pound shelled, cooked crab or tiny shrimp (rinse shrimp with cool water and drain)
- ⅓ cup light or regular mayonnaise
- 1½ tablespoons prepared horseradish
- Tomato water jelly (recipe follows)
- Tomato wedges and cilantro (optional)

If desired, peel asparagus stems with a vegetable peeler. In a 10- to 12-inch frying pan over high heat, bring about 1 inch water to a boil. Cook asparagus, uncovered, until barely tender when pierced, about 2 minutes. Drain at once and immerse in ice water until cool; drain.

Cut off and reserve asparagus tips; wrap airtight and chill. Cut stalks into ½-inch lengths.

In a bowl, mix crab, mayonnaise, and horseradish. Smoothly line 4 ramekins or custard cups (1-cup size) with plastic wrap; leave 2 to 3 inches extending over rims.

Divide half the crab equally among the ramekins; press level with back of a spoon. Divide asparagus stems equally among ramekins; top with equal portions of remaining crab, pressing to make compact and level. Fold wrap over crab to keep airtight. Chill at least 1 hour or up to a day.

Fold back wrap and invert crab onto 4 rimmed plates; peel off wrap. Spoon tomato jelly evenly around portions. Garnish with asparagus tips, tomato wedges, and cilantro. Serves 4.

Per serving: 188 cal.; 26 g protein; 7.5 g fat (1.6 g sat.); 4.0 g carbo.; 707 mg sodium; 120 mg chol.

Tomato water jelly. Rinse, core, and cut into chunks 1¾ pounds **ripe tomatoes.** In a food processor or blender, smoothly purée tomatoes and ½ teaspoon **salt.** Line a colander with 2 layers of cheesecloth, overlapping rim. Set colander in a large bowl. Pour purée into cloth; enclose nested containers in plastic wrap. Chill at least 12 hours or up to 2 days. Gather cloth edges; twist gently to squeeze out any remaining clear liquid. Stop when liquid takes on any red color. Measure liquid. You need 2 cups. If short, add water; if you have too much, save extra to drink. Save purée to make pasta sauce.

In a 1- to 1½-quart pan, combine 1 envelope (2 teaspoons) **unflavored gelatin,** ½ cup of the tomato liquid, and ¼ cup **water;** let stand about 5 minutes to soften gelatin. Stir over medium-high heat until gelatin melts, then whisk into remaining tomato liquid. Cover and chill until syrupy (it does not get firm), at least 4 hours or up to a day. ■

By Christine B. Weber

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Substituting in a pinch

HALFWAY INTO MIXING THE cake batter, you find you're missing an ingredient! Sooner or later most cooks run into a problem like this, and with the following list of baking alternatives, you just might save a trip to the store.

Baking powder

1 teaspoon double-acting baking powder = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar.*

Butter

1 cup (½ lb.) butter = 1 cup (½ lb.) margarine (do not use light or whipped margarine) or solid shortening, or ⅞ cup lard.

Buttermilk

1 cup buttermilk = 1 tablespoon lemon juice or white vinegar plus enough milk to make 1 cup (let sit 5 minutes), or 1 cup unflavored yogurt.

Cake flour

1 cup unsifted cake flour = 1 cup unsifted all-purpose flour minus 2 tablespoons (minus ¼ cup, total, if recipe calls for sifted cake flour).*

Milk

1 cup milk = ½ cup canned evaporated milk plus ½ cup water, or ⅓ cup instant nonfat dried milk stirred into 1 cup water.

Self-rising flour

1 cup unsifted self-rising flour = 1 cup unsifted all-purpose flour, 1½ teaspoons baking powder, and ¼ teaspoon salt.*

Sour cream

1 cup sour cream = 1 cup unflavored yogurt.

Unsweetened chocolate

1 ounce unsweetened chocolate = 3 tablespoons unsweetened cocoa plus 1 tablespoon melted butter, margarine, or shortening.

Whipping cream

1 cup whipping cream = ¾ cup milk plus ⅓ cup melted butter or margarine. Use for baking, not whipping.

* ***Lightly spoon*** into a measuring cup or spoon; scrape top level. ■

By Linda Lau Anusasananan

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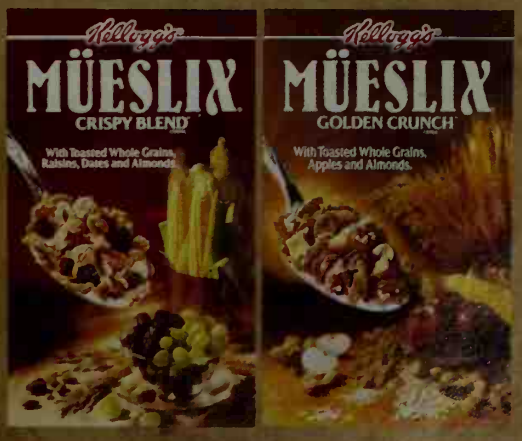

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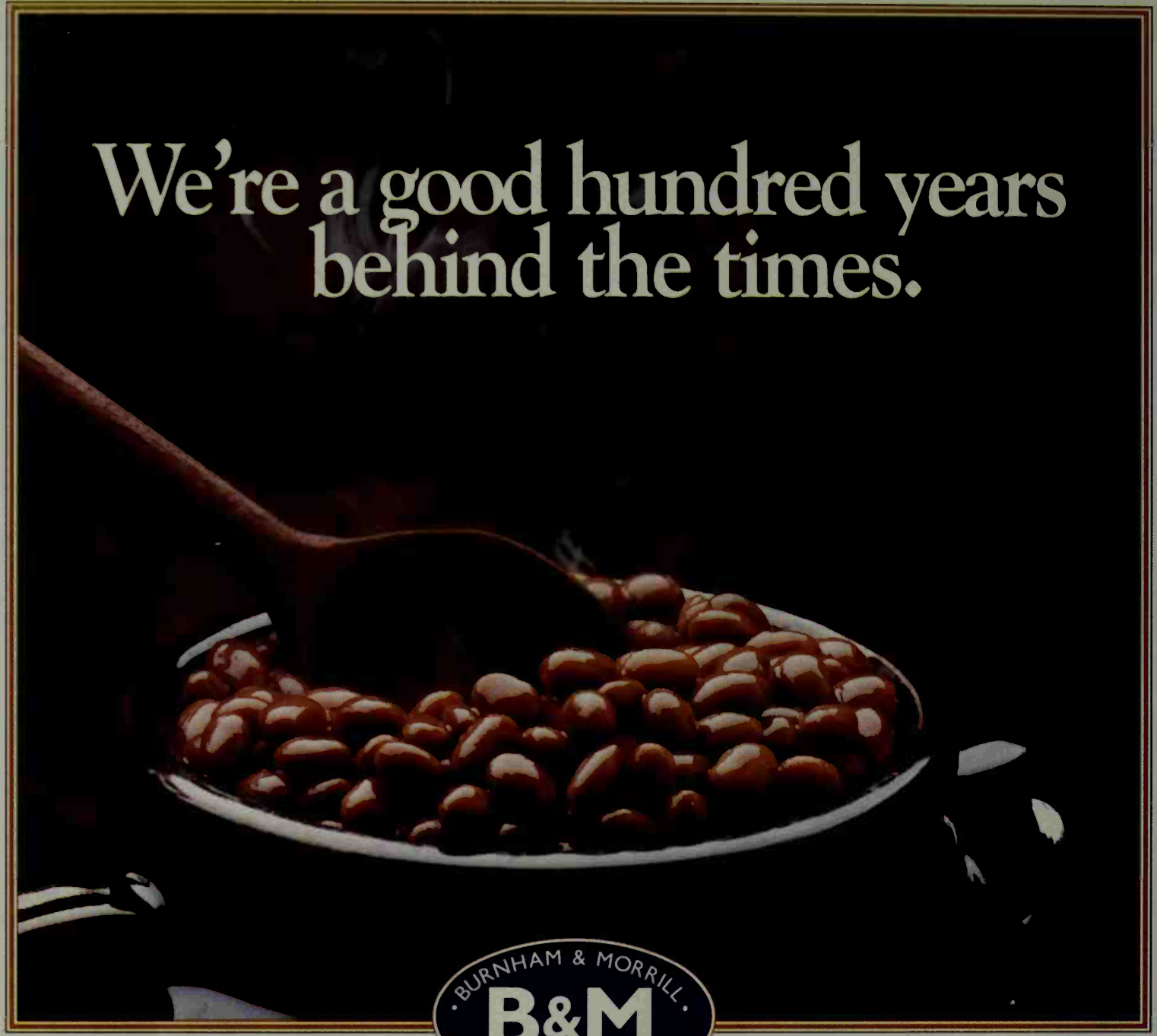

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Sunset's Kitchen Cabinet

Creative ways with everyday foods—submitted by *Sunset* readers, tested in *Sunset* kitchens, approved by *Sunset* taste panels

Tarragon Hazelnut Chicken Salad

Emily Bader, Bothell, Washington

- 1 cup hazelnuts
- Tarragon dressing (recipe follows)
- 3 cups bite-size pieces skinned, cooked chicken
- ½ cup thinly sliced green onions
- Salt
- Large lettuce leaves, rinsed and crisped

Place nuts in a 9-inch pie or cake pan. Bake in a 350° oven until golden under skin, about 10 minutes. Pour nuts into a towel; rub off loose skins. Discard skins. Coarsely chop the nuts.

In a large bowl, mix tarragon dressing, chicken, onions, ⅔ cup hazelnuts, and salt to taste. Spoon salad onto lettuce-lined plates. Sprinkle with the remaining hazelnuts. Makes 4 or 5 servings.

Per serving: 367 cal.; 29 g protein; 24 g fat (3.6 g sat.); 10 g carbo.; 157 mg sodium; 79 mg chol.

Tarragon dressing. Mix together ½ cup **unflavored nonfat yogurt;** ¼ cup **reduced-calorie** or regular **mayonnaise;** 2 tablespoons **frozen orange juice concentrate,** thawed; 2 tablespoons **white wine vinegar;** 1 tablespoon minced **fresh** or 1 teaspoon dried **tarragon leaves;** and ½ teaspoon **ground white pepper.**

COMBINE CHICKEN *with tarragon dressing, hazelnuts, and onions.*

Thai Garlic Beef

J. Hill, Sacramento

- 6 cloves garlic, pressed or minced
- ⅓ cup finely chopped fresh cilantro (coriander)
- 2 tablespoons lime juice
- 1 tablespoon coarsely ground pepper
- 1 piece boneless beef top sirloin (about 1½ lb.), 1 inch thick, fat trimmed
- Tomato and lime wedges
- Cilantro sprigs
- Thai relish (recipe follows)
- Salt

Mix garlic, chopped cilantro, lime juice, and pepper. Rub seasoning mixture over beef.

Place beef on a grill 4 to 6 inches above a solid bed of hot coals (you can hold hand at grill level only 2 to 3 seconds). Cook, turning to brown evenly, until meat is medium-rare (still pink in thickest part; cut to test), 12 to 15 minutes total. Transfer to a platter. Garnish with tomato and lime wedges, and cilantro sprigs. Slice beef thinly and serve with relish. Add salt to taste. Serves 6.

Per serving: 191 cal.; 27 g protein; 6.3 g fat (2.4 g sat.); 5.8 g carbo.; 61 mg sodium; 76 mg chol.

Thai relish. Mix 1 cup *each* finely diced **cucumber** and **papaya,** ¼ cup thinly sliced **green onions,** 2 tablespoons **lime juice,** ¼ teaspoon **crushed dried hot red chilies,** and 2 cloves **garlic,** pressed or minced.

GRILLED STEAK, *coated with garlic and cilantro, goes with relish, garnishes.*

Paprika Potatoes

Ann Bartos Rushton, Denver

- 4 strips (about ¼ lb. total) bacon, cut into ¼-inch-wide strips
- 1 pound (about 3 medium-size) thin-skinned potatoes, scrubbed
- 1 medium-size (about 6 oz.) onion, chopped
- 1 tablespoon sweet Hungarian or regular paprika
- Light or regular sour cream
- Chopped parsley
- Salt and pepper

In a 10- to 12-inch frying pan, cook bacon over medium heat until crisp, about 8 minutes; stir occasionally. Meanwhile, cut potatoes into ½-inch cubes. With a slotted spoon, remove bacon from pan; set aside. Discard all but 1 tablespoon fat. Add onion to pan; stir often until limp, about 10 minutes. Stir in paprika.

Stir in potatoes and 1 cup water. Cover and simmer over low heat until potatoes are tender when pierced, about 15 minutes; stir occasionally, and add a little water if pan gets dry. Top each portion with a dollop of sour cream, parsley, and bacon. Add salt and pepper to taste. Makes 4 servings.

Per serving: 182 cal.; 5.3 g protein; 6.9 g fat (2.2 g sat.); 25 g carbo.; 153 mg sodium; 9 mg chol.

HUNGARIAN PAPRIKA *and bacon season diced potatoes as they simmer.*

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1 envelope (0.9 oz.) Lipton® Vegetable Recipe Soup Mix
Assorted raw vegetables for dipping

In a medium bowl, combine all ingredients (except raw vegetables for dipping). Cover and refrigerate until ready to serve. Serve as a dip for raw vegetables.
Makes approximately 3 cups.

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DANNON® PLAIN

Sweet Pepper Stir-fry

Mickey Strang, McKinleyville, California

For a colorful dish, combine red, yellow, and green bell peppers.

- 3 medium-size (about 6 oz. each) bell peppers
- 1 tablespoon salad oil
- 1 tablespoon minced fresh ginger
- 1 clove garlic, pressed or minced
- 1 small (about ¼ lb.) onion, cut into thin slivers
- 1 cup (about 3 oz.) bean sprouts, rinsed
- 1 teaspoon Oriental sesame oil
- Soy sauce or salt

Stem and seed peppers. Cut peppers in thin slivers 2 to 3 inches long.

Place a wok or 10- to 12-inch frying pan over high heat. When pan is hot add oil, ginger, garlic, and onion slivers; stir-fry for 1 minute. Add bell pepper strips; stir-fry until peppers are tender-crisp, about 3 minutes. Add bean sprouts and stir-fry until they barely wilt, about 1 minute.

Mix sesame oil into stir-fry mixture. Spoon onto plates; add soy or salt to taste. Makes 4 or 5 servings.

Per serving: 62 cal.; 1.6 g protein; 2.9 g fat (0.4 g sat.); 8.7 g carbo.; 3.6 mg sodium; 0 mg chol.

STIR-FRY A TRIO *of colorful bell peppers with bean sprouts and onion slivers.*

Curried Tomato Salmon

Vicky Hay, Phoenix

- 1 tablespoon olive oil
- 1 small (about ¼ lb.) onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 2 teaspoons fresh or 1 teaspoon dried thyme leaves
- 2 large (about 1 lb. total) firm-ripe tomatoes, cored, seeded, and chopped
- 2 salmon steaks (4 to 6 oz. each), rinsed
- Salt and pepper
- Thyme sprigs (optional)

In a 10- to 12-inch frying pan combine oil, onion, and garlic. Stir often over medium-high heat until the onion is tinged with brown, about 5 minutes.

Reduce heat to low. Stir in curry powder and thyme leaves; stir about 1 minute. Add tomatoes; simmer, uncovered, stirring occasionally, until tomatoes begin to fall apart and most of the liquid evaporates, about 5 minutes.

Lay salmon in pan, spoon sauce over fish, cover, and simmer just until fish is still moist-looking but opaque in thickest part (cut to test), about 10 minutes. Lift salmon onto dinner plates; spoon sauce over fish. Add salt and pepper to taste. Garnish with thyme sprigs. Makes 2 servings.

Per serving: 283 cal.; 23 g protein; 14 g fat (2.0 g sat.); 18 g carbo.; 67 mg sodium; 55 mg chol.

SALMON POACHED *in curried tomato sauce makes quick dinner for two.*

Mexican Chocolate Ice Cream

Marilyn Swartz, Los Angeles

Look for the cinnamon-scented sweet Mexican chocolate rounds in Hispanic markets and some supermarkets, in the fancy foods section.

- 2 cakes (3½ oz. each) Mexican chocolate (or 7 oz. semisweet chocolate and 1 teaspoon ground cinnamon)
- ¾ cup sugar
- 1 quart milk or half-and-half (light cream)
- 2 large eggs, beaten to blend
- 2 teaspoons vanilla

Chop chocolate and place (with cinnamon, if used) in a 2- to 3-quart pan over lowest heat; when chocolate begins to soften, stir until smoothly melted. Add sugar, milk, and eggs. Stir often over medium-low heat until mixture coats the back of a metal spoon in an even, velvety layer, 20 to 30 minutes. Stir in the vanilla.

Cool, cover, and chill until cold, at least 3 hours or up to a day.

Pour cold milk mixture into an ice cream freezer, at least 1½-quart size. Freeze according to manufacturer's directions until firm. Serve, or cover airtight and freeze up to 2 weeks. Makes about 5 cups, 8 to 10 servings.

Per serving: 236 cal.; 5.3 g protein; 11 g fat (6.3 g sat.); 31 g carbo.; 61 mg sodium; 56 mg chol. ■

Compiled by Linda Lau Anusasananan

ROUND CAKES *of spiced Mexican chocolate flavor ice cream for cones.*

Share recipes you've created or adapted—heritage treasures, old favorites, travel discoveries, time-savers. On publication, you'll receive a *Sunset* "great cook" certificate and $50 for each recipe used. Send recipes to *Sunset Magazine,* 80 Willow Rd., Menlo Park, Calif. 94025.

PETER CHRISTIANSEN

Fresh favas make great soups

FRESH FAVA BEANS begin their sporadic appearances in Western markets in early spring and are usually quite plentiful by June and on through September.

The long, fat pods hold large, flat beans in cushioned cups. Favas look like lima beans but are bigger and more delicate in flavor. The opaque membrane on each bean is edible, but it toughens as the bean matures.

These two recipes for first-course soups take full advantage of the bean's delicate flavor and color.

One caution: a few people (usually of Mediterranean descent) lack a specific enzyme and have an allergic reaction to fava beans and their pollen, so check your family history before you try favas.

Tomato Fava Soup

- 2 tablespoons olive oil
- 1 large onion, chopped
- 1½ pounds (about 6 medium-size) ripe tomatoes, cored and quartered
- 2 tablespoons minced fresh or 1 teaspoon dried savory leaves
- ¾ teaspoon sugar
- ¼ teaspoon pepper

Fall Togethers.

Mexi-Mac Casserole

1 (7-ounce) package Creamettes® Elbow Macaroni, (2 cups uncooked)
1 (15-ounce) can Hormel No Beans Chili
¼ cup tomato juice
1 (4-ounce) can diced green chilies
¼ cup sliced green onions
1½ cups (6 ounces) shredded Cheddar cheese, divided
2 cups tortilla chips, divided
½ cup sour cream
1 medium tomato, chopped
1 tablespoon chopped cilantro

Prepare Creamettes® Elbow Macaroni according to package directions; drain. In medium saucepan heat Hormel No Beans Chili, tomato juice, green chilies, and green onions. Combine macaroni, chili mixture and ½ cup cheese. Crush 1 cup tortilla chips and spread on bottom of a 3-quart baking dish. Spoon in macaroni mixture. Top with remaining tortilla chips and cheese. Bake in a 350° oven for 30 minutes. Garnish top with sour cream, tomato and cilantro. Refrigerate leftovers. 6-8 servings.

4 cups regular-strength chicken broth

Blanched fava beans (directions follow)

In a 3- to 4-quart pan over medium-high heat, stir oil and onion often until onion begins to brown, about 10 minutes.

Add tomatoes, savory, sugar, and pepper. Bring to a boil; reduce heat and simmer until tomatoes are very soft when pressed, about 15 minutes.

In a blender or food processor, whirl mixture until coarsely puréed. Return to pan and add broth. If making ahead, cover and chill up to a day. Stir over high heat until hot. Ladle soup into bowls; sprinkle blanched fava beans equally into each serving. Serves 5 or 6.

Per serving: 118 cal.; 4.8 g protein; 6 g fat (1 g sat.); 12 g carbo.; 63 mg sodium; 0 mg chol.

Blanched fava beans. In a 2- to 3-quart pan, bring 4 cups **water** to a boil over high heat. Add 2 cups shelled **fava beans** (about 2 lb. in the pod) and simmer, uncovered, until beans are just tender when pierced, 3 to 5 minutes; drain and let cool. With your fingers, slip membrane off beans and discard. Use beans or, if making ahead, cover and chill up to a day.

Garlic Fava Soup

1 tablespoon olive oil

2 large heads (about 7 oz. total) garlic

2 pounds chicken backs and necks

8 cups regular-strength chicken broth

¾ cup dry white wine

½ cup orange juice

Fava bean purée (recipe follows)

Gruyère croutons (recipe follows)

Pour oil over garlic in an 8- to 9-inch-wide pan. Bake in a 400° oven until heads are very soft when squeezed, 40 to 45 minutes. Let cool.

Meanwhile, rinse chicken. In a 5- to 6-quart pan over medium-high heat, brown chicken well, about 20 minutes; stir often. Add broth, wine, and orange juice. Boil over high heat, uncovered, until reduced to 5 cups, 45 to 55 minutes. With a slotted spoon, discard chicken parts. Spoon off and discard fat.

Cut garlic heads in half crosswise and squeeze garlic from peel into pan. Whisk until garlic is smoothly mixed with broth. If making ahead, cover and chill up to a day; reheat to continue.

Ladle the soup into bowls and mound fava purée equally into each. Accompany with the Gruyère croutons. Serves 4.

Per serving: 213 cal.; 12 g protein; 8.1 g fat (1.7 g sat.); 24 g carbo.; 147 mg sodium; 12 mg chol.

Fava bean purée. In a 2- to 3-quart pan, bring 4 cups **water** to a boil over high heat. Add 1½ cups shelled **fava beans** (about 1½ lb. in the pod) and cook, uncovered, until beans are just tender when pierced, 3 to 5 minutes. Drain and let cool. With your fingers, slip membrane off beans and discard. If making ahead, cover beans and chill up to a day.

Put beans and ½ cup hot **garlic broth** (preceding) in a blender; whirl until smoothly puréed. Use warm. (Green color dulls quickly.)

Gruyère croutons. Cut ½ of a ½ pound **baguette** crosswise into 12 diagonal slices. Arrange slices, side by side, in a 10- by 15-inch pan. Brush slices with 2 tablespoons **olive oil,** then sprinkle evenly with 1 cup shredded **gruyère** or Swiss **cheese.** Bake in a 375° oven until golden, 8 to 10 minutes. Serve hot.

Per crouton: 86 cal.; 3.7 g protein; 5.6 g fat (2.2 g sat.); 5.3 g carbo.; 87 mg sodium; 11 mg chol. ■

By Paula Smith Freschet

NORMAN A. PLATE

RED TOMATOES *or tart green tomatillos determine color of salsas; chilies imbue heat.*

Making salsa to can or freeze

Enjoy in months to come, or share with friends

TAKE ADVANTAGE OF late summer's bounty of ripe tomatoes and chilies to preserve a supply of zesty salsa, red or green. Can or freeze to enjoy in the coming months.

Use the minimum amount of hot jalapeños to create *salsa dulce*, or the maximum for *salsa picante*. Larger, dark green poblano (ancho) chilies or similar-tasting pasilla chilies contribute mild heat and mellow flavor.

Bumper Crop Red Chili Salsa

- ⅓ to ⅔ pound (6 to 12) fresh jalapeño chilies
- About 1 pound (7 medium-size) fresh green poblano (ancho), pasilla, or Anaheim (California or New Mexico) chilies
- 12 cups (about 5 lb.) coarsely chopped ripe tomatoes
- 2 cups coarsely chopped onions
- 1 cup chopped fresh cilantro (coriander)
- 1¼ cups lemon juice
- 2 tablespoons minced garlic
- 2 teaspoons dried oregano leaves
- 1 to 3 teaspoons salt (optional)

Place jalapeño and poblano chilies in a single layer and slightly apart in a 12- by 15-inch pan (in sequence if more than 1 panful). Broil 3 to 4 inches below heat until skins blister all over, about 15 minutes total; turn as needed. Let cool. Wearing gloves, pull off and discard skins and stems. Rinse out seeds. Drain and coarsely chop chilies.

In a 6- to 8-quart pan, combine chilies, tomatoes and their juice, onions, cilantro, lemon juice, garlic, and oregano. With pan uncovered, bring to simmering over high heat. Reduce heat and simmer for 10 minutes; stir occasionally. Add salt to taste.

To can or freeze, use following directions. Or let salsa cool and serve.

Cooled, or canned or frozen salsa that has been opened for use can be chilled airtight up to 10 days. Makes about 14 cups.

Per tablespoon: 3.9 cal.; 0.1 g protein; 0 g fat; 0.9 g carbo.; 1.4 mg sodium; 0 mg chol.

Bumper Crop Green Chili Salsa

Follow directions for **bumper crop red chili salsa** (preceding), omitting tomatoes and using 10 cups (about 4½ lb.) coarsely chopped husked **fresh tomatillos.** Increase **poblano chilies** to 2½ pounds. Omit lemon juice and use 1¼ cups **lime juice** and 1 cup **water.** Makes about 15 cups.

Per tablespoon: 4.6 cal.; 0.2 g protein; 0 g fat; 0.9 g carbo.; 0.5 mg sodium; 0 mg chol. ■

By Elaine Johnson

To can salsa. As salsa is being prepared, place a canning rack (or other rack that fits) in bottom of an 18- to 22-quart pan. Fill pan ⅔ full of water. Cover and bring to simmering over high heat, about 20 minutes.

Wash, rinse, and drain 7 or 8 pint-size canning jars (rims free of nicks and cracks). Heat 7 or 8 jar rings and new lids as manufacturer directs.

Ladle hot salsa into jars within ½ inch of top (serve or freeze any extra salsa). Wipe rims clean. Set hot lids and bands on jars and screw on tightly; don't force.

Using tongs, lower jars onto rack in pan. With pan uncovered, bring water to 185°, then keep temperature at 180° to 190° for 20 minutes. Lift out jars and set on a towel to cool completely. Press centers of lids; if they stay down, jars are sealed. Store sealed jars in a cool, dark place up to 2 years; chill any unsealed jars up to 10 days—or transfer to freezer containers and freeze to store longer.

To freeze salsa. Ladle cool salsa into small serving-size freezer containers, filling within ½ inch of top; close and freeze up to 6 months.

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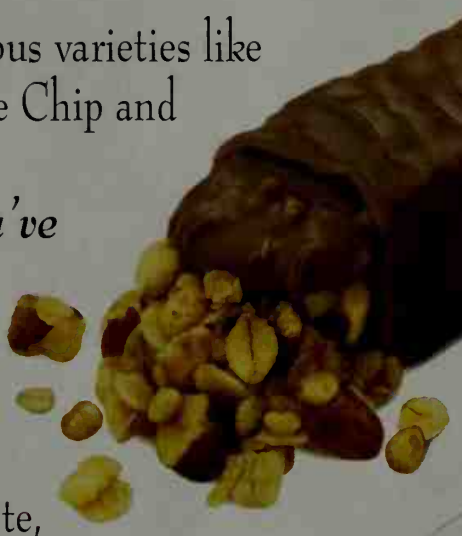

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Skipping scallops, sautéing scallops

Or try stir-frying chicken and broccoli

WHAT WE SEE WHEN we eat a scallop is a disk of tender flesh. In life it had two perfectly matched, beautifully ridged shells that it could clap together like castanets, enabling it to skip about on the sea bottom, unlike its homebound bivalve cousins the mussel and oyster. The scallop shell served as a vessel to carry the sea-born Venus to her first home on Cyprus. It also served as the badge of the pilgrims traveling to the shrine of St. James at Compostela.

It is no wonder, then, that such a storied creature is costly. Still, it comes to market unencumbered by shell, bone, or other inedible baggage, and no one would question its delicacy of flavor. Here's how James Kircher prepares it.

Sautéed Scallops

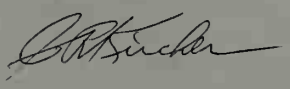
- 2 pounds large scallops
- 1 tablespoon butter or margarine
- 2 tablespoons *each* minced onion and celery
- 1 tablespoon chopped parsley
- 1 clove garlic, minced or pressed
- 1 teaspoon dried summer savory leaves
- ½ teaspoon *each* dried thyme leaves and white pepper
- 2 tablespoons lemon juice
- 2 tablespoons dry white wine

Thoroughly rinse scallops, pat dry, and cut into thin slices; set aside.

In a 10- to 12-inch frying pan over medium-high heat combine butter, onion, celery, parsley, garlic, savory, thyme, and pepper. Stir often until onion is limp, about 5 minutes. Stir in scallops and lemon juice; turn heat to high and turn scallops often with a wide spatula just until they begin to turn opaque, 3 to 5 minutes. With a slotted spoon, transfer the scallops to a bowl.

Add wine to pan; also, as liquid accumulates with scallops, drain it into pan; boil, uncovered, on high heat until reduced to about ¼ cup. Stir scallops back into pan to warm, then spoon at once onto dinner plates. Makes 6 to 8 servings.

Per serving: 119 cal.; 19 g protein; 2.3 g fat (1 g sat.); 3.6 g carbo.; 200 mg sodium; 41 mg chol.



Burley, Idaho

IT SEEMS LIKE ONLY yesterday that we knew only one salsa, the familiar blend of tomatoes, onions, and chilies that, along with a bowl of tortilla chips, precedes your Mexican meal and stays on the table to spice up dishes that follow. No more. Now almost any fruit or vegetable can serve as the base for a salsa, which performs the same function as a chutney, but in a fresher, lighter way. Many chefs now use salsas in place of more conventional gravies or rich oil- or fat-based sauces.

Like chutneys, these nouveau salsas combine fruit, vegetables, sugar, and spices. Papaya, being sweet, requires no sugar; lime juice supplies fruit acid and enhances the tropical fruit flavor. Jalapeños furnish the heat, as in the Mexican classic. Sandy Szwarc uses this salsa specifically with grilled swordfish, but acknowledges that it goes well with other grilled fish or meats, especially pork. Any left over can accompany brie cheese stuffed into tortillas to make exotic quesadillas.

Papaya Salsa

- 1 large (about 1 lb.) firm-ripe papaya, peeled, halved, seeded, and cut into ¼-inch dice
- ¼ cup chopped fresh cilantro (coriander)
- 3 green onions, ends trimmed, chopped
- 1 fresh jalapeño chili, stemmed, seeded, and minced
- 2 tablespoons lime juice
- Salt

In a bowl, gently mix together the diced papaya, ci-

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Of course this raises another important burger question, would you like your chicken with cheese or without?

Foster Farms Ground Chicken Burger

Mix 1 lb. fresh ground chicken with ¼ tsp. salt, ⅛ tsp. black pepper, ½ tsp. each: thyme, rosemary (crushed), marjoram, and minced garlic. Form (4) ¾ inch patties, brush lightly with olive oil to seal in juices, and barbecue for 5 minutes on each side or until chicken is cooked through.

© 1992 Foster Farms Poultry, Inc.

lantro, green onions, chili, and lime juice. Season salsa to taste with salt. Serve, or cover and chill up to a day. Makes about 2 cups.

Per ¼ cup: 18 cal.; 0.4 g protein; 0.1 g fat (0 g sat.); 4.6 g carbo.; 2.9 mg sodium; 0 mg chol.

Sandy Szwarc

Albuquerque

NANCY CUTRIGHT'S Chicken and Broccoli takes its inspiration and basic technique from the Chinese art of stir-frying, but with one difference. The ancient Chinese tradition, growing out of limited supplies of animal protein, often uses meat sparingly as a seasoning element in a complex dish to be served with many other dishes. Here, the protein-rich Western tradition makes chicken the main ingredient, enhanced by other elements—a principal one is a plentiful amount of broccoli. This, with rice, is a hearty one-dish meal.

Chicken and Broccoli

- ¼ cup slivered almonds
- 6 to 8 boned and skinned chicken breast halves (1¼ to 1½ lb. total)
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon Oriental sesame oil
- 2 teaspoons liquid hot pepper seasoning
- 4 cups broccoli flowerets
- ¼ cup thinly sliced green onions, including tops
- ½ cup thinly sliced celery
- 1 medium-size (5 to 6 oz.) red or green bell pepper, stemmed, seeded, and diced
- ½ cup sliced, peeled fresh or canned water chestnuts
- 1 tablespoon salad oil
- Cooking sauce (recipe follows)
- Hot cooked rice

Spread almonds in a shallow pan (such as a 9-in. pie pan). Bake in a 350° oven until golden brown, 3 to 5 minutes; shake occasionally. Set aside.

Cut chicken into bite-size pieces. In a bowl, stir together soy sauce, sesame oil, and hot pepper seasoning; add chicken.

Combine broccoli, onions, celery, bell pepper, and water chestnuts.

Place a 12-inch frying pan or wok over high heat. When pan is hot, add salad oil. Add chicken, about ½ at a time; stir-fry until chicken is no longer pink in center (cut to test), 3 to 4 minutes. With a slotted spoon, transfer the meat to another bowl.

To pan, add any liquid left from seasoning chicken, vegetables, and 2 tablespoons water. Stir and cook until broccoli is just tender to bite, about 3 minutes; add 1 to 2 more tablespoons water if needed to keep vegetables steaming. Add cooking sauce and chicken (with any juices). Stir until mixture boils. Serve on rice and sprinkle portions with the toasted almonds. Makes 6 to 8 servings.

Per serving: 188 cal.; 20 g protein; 6.8 g fat (0.9 g sat.); 11 g carbo.; 483 mg sodium; 41 mg chol.

Cooking sauce. Stir together 1 teaspoon **sugar,** 4 teaspoons **cornstarch,** 2 teaspoons minced **fresh ginger,** 2 tablespoons *each* **reduced-sodium soy sauce** and **dry sherry,** and ⅔ cup **regular-strength chicken broth.**

Nancy Cutright

San Jose, California

By Richard Dunmire, Joan Griffiths

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PETER CHRISTIANSEN

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FOR AN AMERICAN, English in England can be a sticky wicket. There, a *fool* or a *sweet* may be dessert. For *elevenses,* a British way to describe late-morning tea, you might be served *flapjacks,* but don't expect hot pancakes. Flapjacks are these soft, chewy granola cookies.

British Flapjacks

- ¾ cup (⅜ lb.) butter or margarine, melted
- ¾ cup sugar
- ¼ cup honey
- 1 large egg
- 4 cups regular rolled oats
- 1 cup coarsely chopped hazelnuts
- ½ cup raisins

In a bowl, mix together butter, sugar, honey, egg, oats, nuts, and raisins. Pat mixture firmly into a buttered and flour-dusted 9-inch-square pan.

Bake in a 300° oven until deep golden, 50 to 55 minutes. Cut into 16 pieces, then let cool in pan. Redo cuts and remove from pan with a spatula. Serve, or store airtight up to 5 days; freeze to store longer. Makes 16.

Per piece: 272 cal.; 4.8 g protein; 15 g fat (6.1 g sat.); 32 g carbo.; 96 mg sodium; 37 mg chol. ■

By Elaine Johnson

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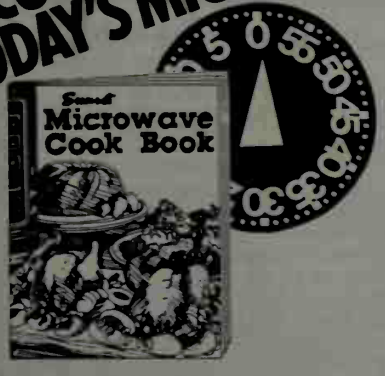

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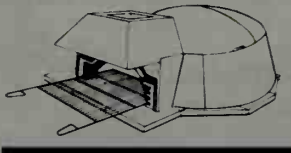

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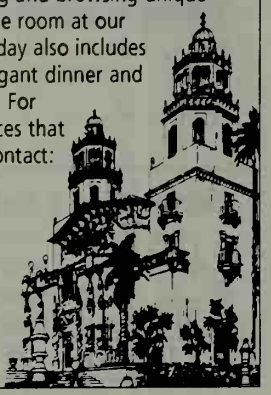

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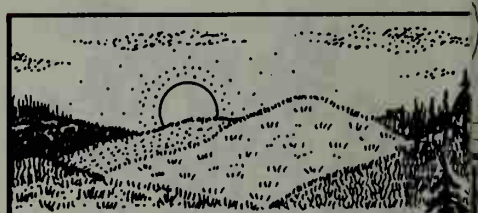

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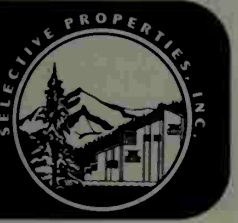

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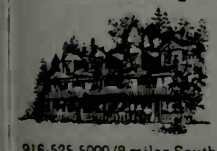

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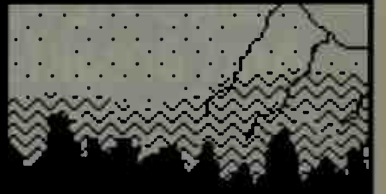

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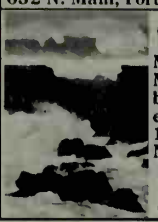

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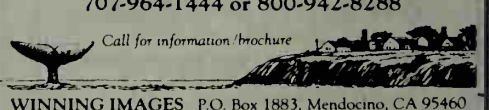

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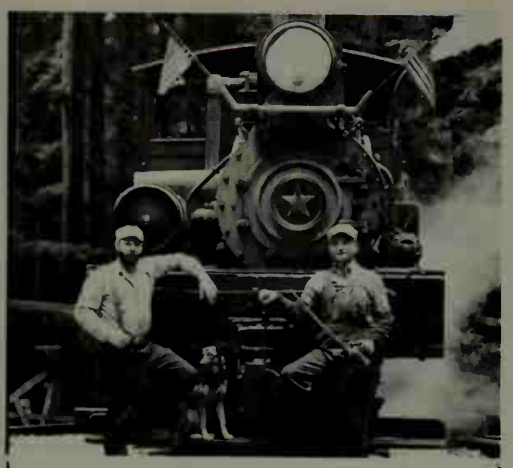

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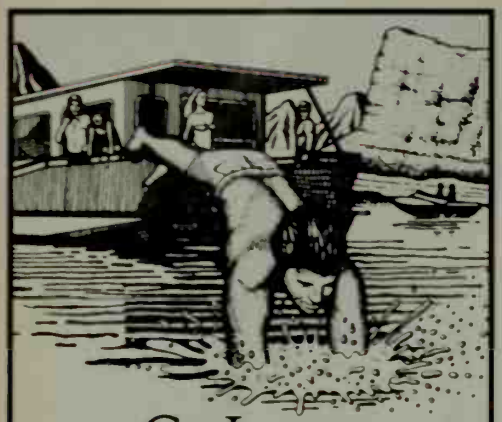

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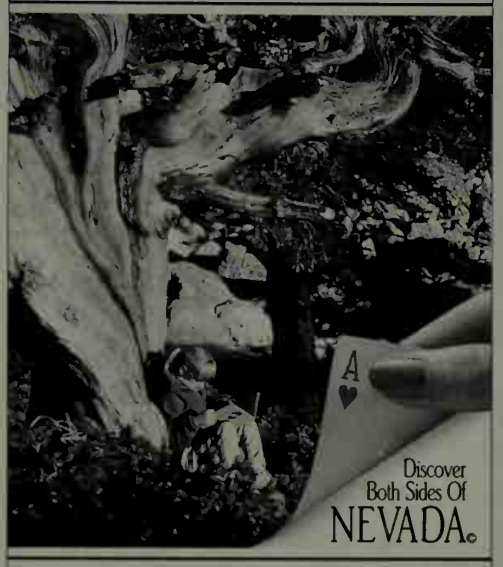

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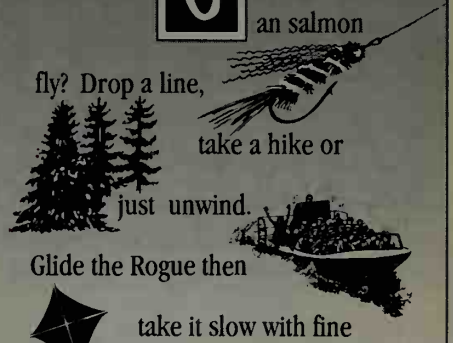

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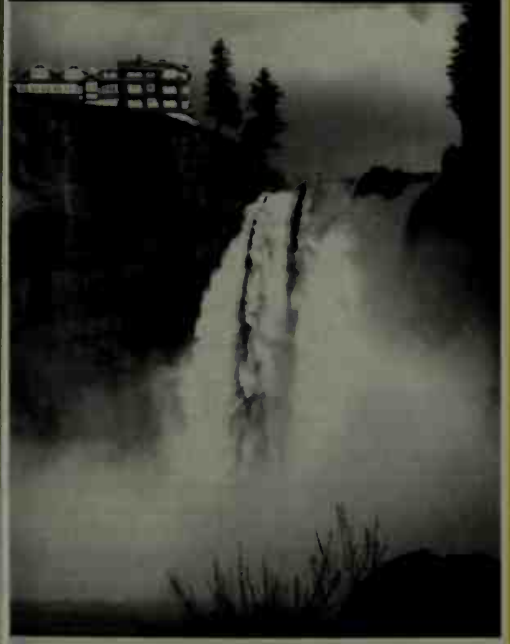

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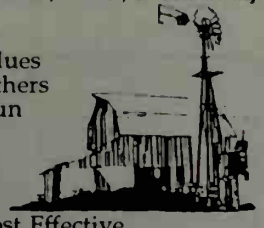

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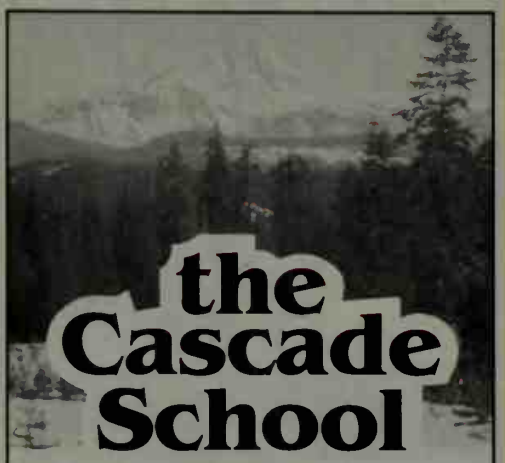

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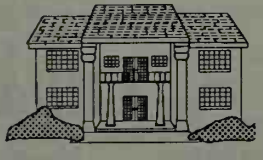

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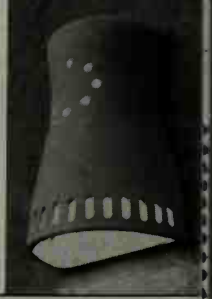

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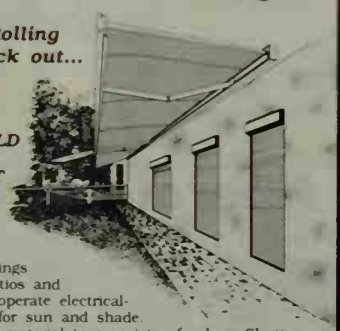

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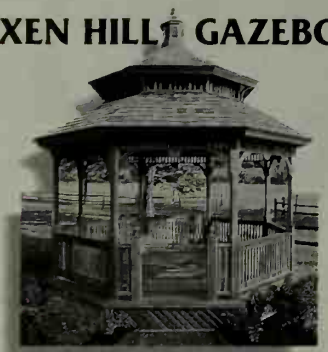

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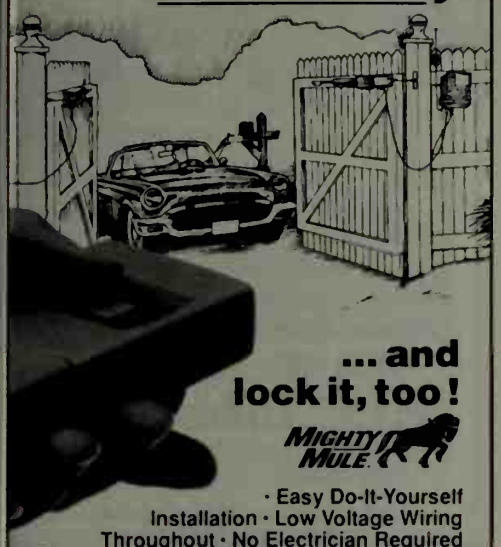

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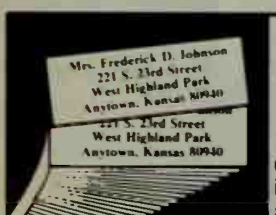

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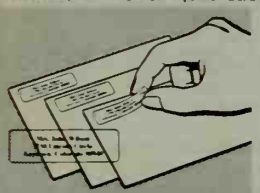

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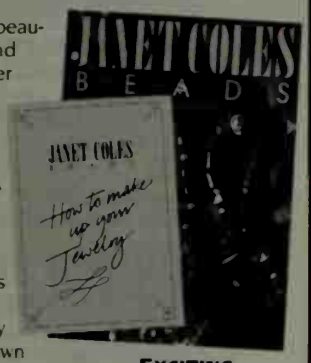

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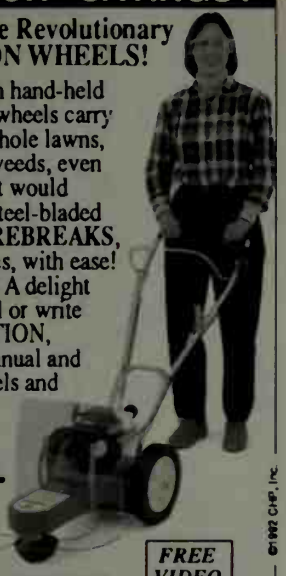

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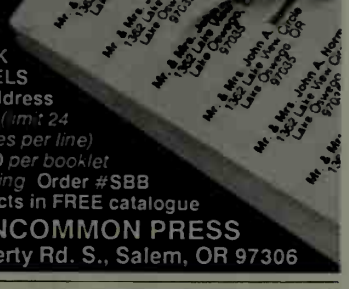

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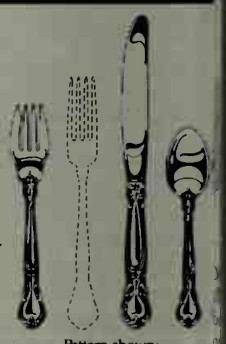

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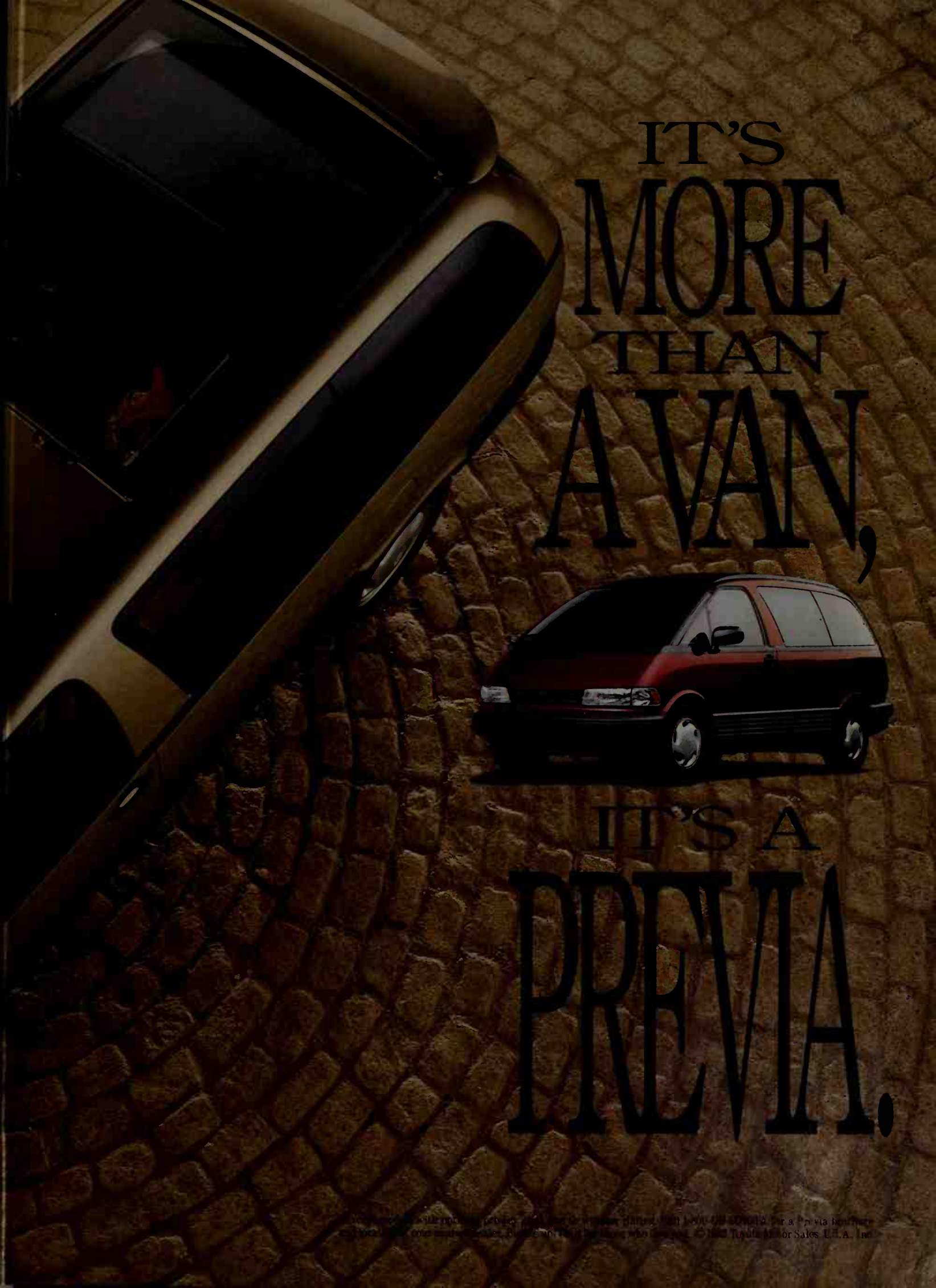
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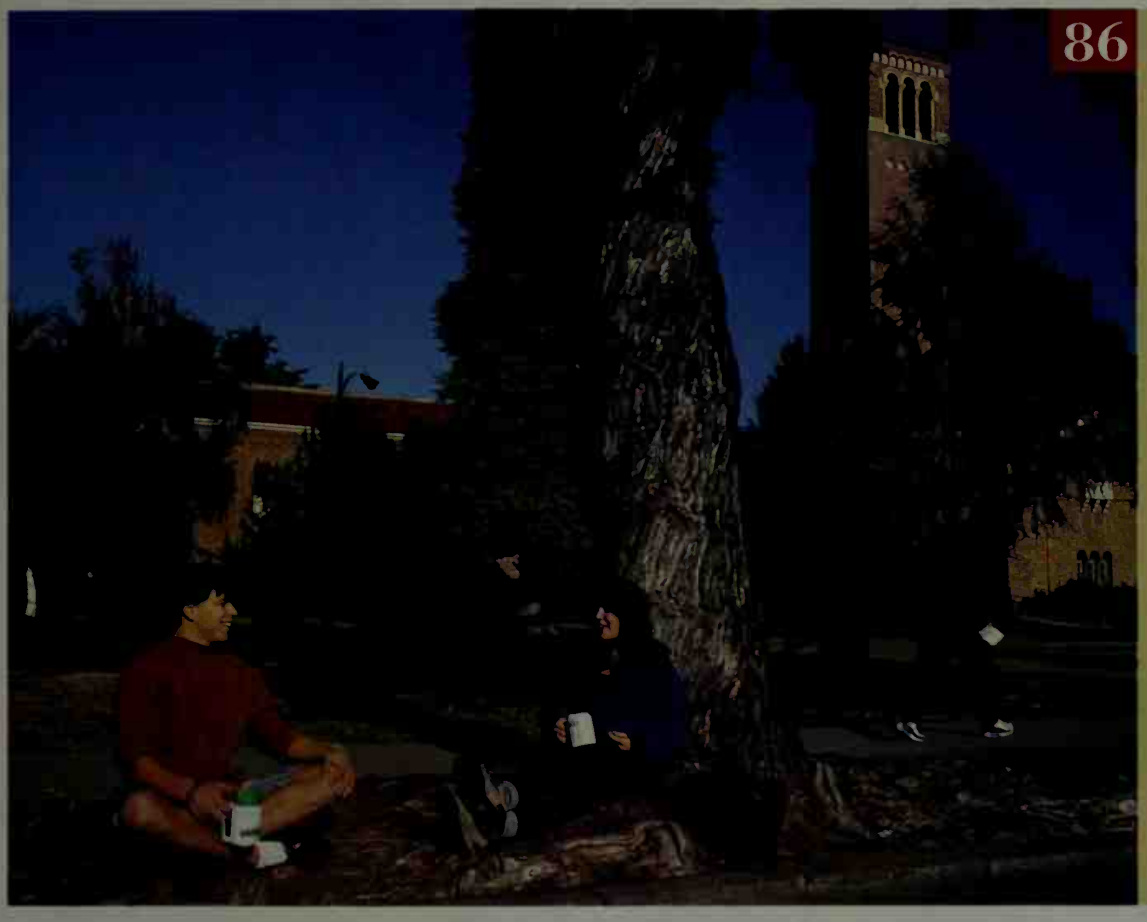

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Top 5 college towns

Come explore any of these Western towns—Austin, Boulder, Chico, Claremont, Eugene—for a chance to revisit the best years of your life.

20 California's ultimate sea of sand
The fluid white sands of Nipomo Dunes are made for walking and romping.

66 Bulbs and friends at a Bay Area estate
Take fall-planting ideas and inspiration from these garden beds at Filoli, near San Francisco.

98 What's so great about olive oil?
Our guide to choosing and using olive oils will help you appreciate their qualities and flavors.

107 Special section: The West's best rooms
Sunset's interior design winners reflect the types of rooms Westerners like to come home to.

162 School lunches for a week
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Cover: Interior Design Award–winning home office in Berkeley, photographed by Peter Christiansen.

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The Pacific Monthly

October 1992

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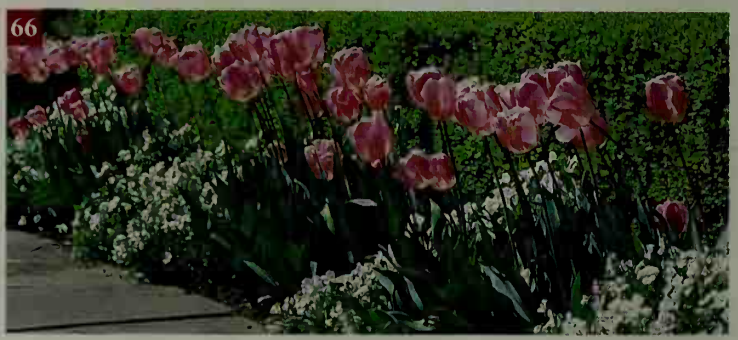

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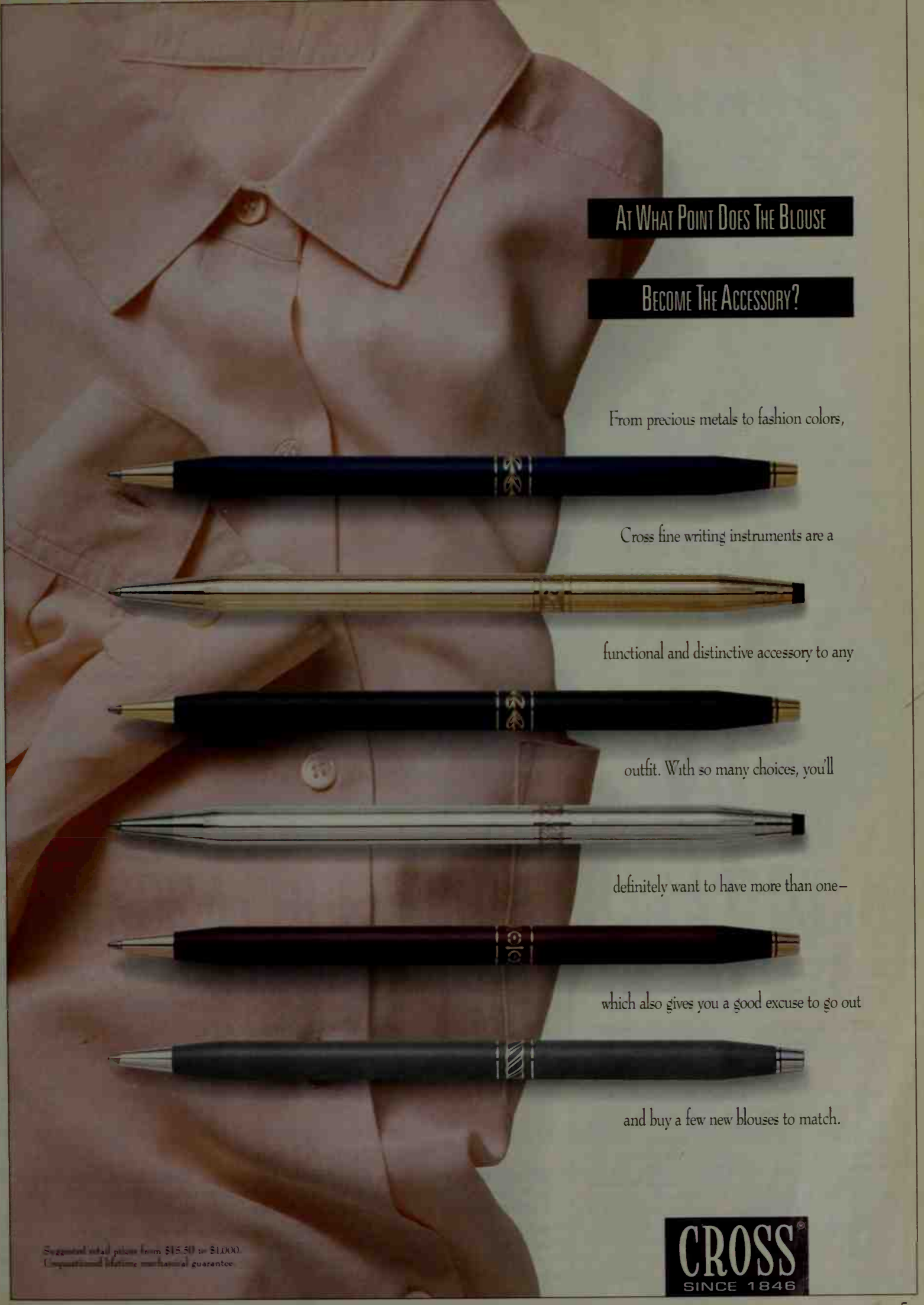
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FROM THE EDITOR

Thank you for sharing your homes with us

IT STARTED INNOCENTLY ENOUGH. AN ARTICLE IN OUR APRIL 1992 issue announced *Sunset*'s new Interior Design Awards program.

Entries poured in, 324 altogether, from homeowners, interior designers, architects, and contractors. We saw home gyms, home offices, libraries, sewing rooms, wine cellars, outdoor rooms, playrooms, family kitchens, and more.

PETER CHRISTIANSEN

INTERIOR DESIGN JURY *breaks for lunch on our adobe-walled dining patio.*

How to choose the best rooms? We followed a procedure we've successfully used for 35 years with the biennial AIA-*Sunset* Western Home Awards program, which singles out the West's most distinguished residential architecture. We called on an expert panel of judges. They are shown here, left to right: Marcia Johnson, Seattle interior designer; Tim Street-Porter, Los Angeles architectural photographer; Heidi Richardson, San Francisco architect; Ron Rezek, Los Angeles lighting designer; Mary Ord, executive editor of *Sunset.*

During two days in June, the jury pored over entries, engaging in friendly but intense debates, and eventually narrowed the field to the top 19. You'll see the results beginning on page 107.

Bill Marken · Editor

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EVER SEE A CHEESEBURGER IN A TUXEDO?

It's beef topped with cheese. Although that's about all it has in common with anything you'd pick up in a drive-thru.

But don't be put off because this dish isn't, well, ordinary. Tenderloin steaks are quick and very simple to make.

A sure way, in fact, to get your family to come to dinner without an engraved invitation.

BLUE CHEESE TENDERLOIN STEAKS-22 MINUTES

- 4 beef tenderloin steaks, cut 1 in thick
- 2 Tbsp cream cheese, softened
- 4 tsp *each* crumbled blue cheese and plain low-fat yogurt
- 2 tsp minced onion
- Dash white pepper
- 1 large clove garlic, halved
- ½ tsp salt, divided
- 2 tsp chopped parsley

Combine cream cheese, blue cheese, yogurt, onion and pepper; reserve. Rub each side of beef steaks with garlic. Place steaks on rack in broiler pan so surface of meat is 2 to 3 in from heat. Broil 5 to 6 min. Season with ¼ tsp salt. Turn and broil 3 to 4 min. Season with remaining salt. Top each steak with an equal amount of reserved cheese mixture. Broil an additional 1 to 2 min. Garnish with parsley. 4 servings.

BEEFSM

IT'S WHAT'S FOR DINNER

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An *alay* to heal riot-torn Los Angeles

I want to salute the organizers of the African Marketplace (August, page 13, Southern California edition) for deciding to hold their event as planned despite its venue in an area affected by the Los Angeles riots.

Faced with a similar decision, the Los Angeles Filipino-American community went ahead with plans to hold the city's first Festival of Philippine Arts and Culture last May on the campus of Los Angeles City College, in the heart of one of the worst areas of rioting. In a moving opening ceremony, the festival was presented as an *alay*—an offering—to the people and city as a first step in the healing process. The Filipino community is working hard in the hopes that the second festival, planned for May 1993, will be a celebration of progress made.

Rita Dickey
Huntington Beach

Missions are a mission of NDGW

I was pleased to read your article on the missions of California (August, page 64). It is indeed true that they need all the help they can get to keep our early-California history alive for future generations.

Your list of organizations helping the missions left out the Native Daughters of the Golden West, which donates thousands of dollars a year to mission preservation. We are an organization of California-born women, with many who trace their families back for seven generations, and we have been very involved in protecting the state's historic heritage.

Lorretta Berry
Norwalk, California

■ *According to Native Daughters' mission restoration chairwoman Gloria Moore, that organization raised $6,000 for mission preservation in 1991 alone. For more details, write to Native Daughters of the Golden West, 543 Baker St., San Francisco 94117.*

Guests on Tour at Sunset

And thank you, Martha Kerr

Just over a year ago, my "dream kitchen" was still a fantasy. Then, as I thumbed through my newly arrived April 1991 issue of *Sunset*, I came upon page 111 and knew that Martha Kerr's Oregon kitchen could be transposed to our Sonoma home.

We had gone around and around with an architect, and he could come up with only the structural solution of moving the entire kitchen wall out some 2 feet to give us the space we needed.

There had to be another way to do it, and your photograph of Ms. Kerr's kitchen provided the answer. Every time I walk into my kitchen, I thank you, *Sunset*.

Jane W. Robb
Sonoma, California

A real beach blast

I'm writing to warn you against using beach rocks to form fire rings, as shown on page 100 of the July issue. We are veteran beach hikers on Olympic National Park's wilderness beaches, and we used to use beach rocks for fire rings. On several occasions we have had porous rocks explode, with fragments narrowly missing those gathered around the fire. Now we don't use any beach rocks for fire rings. Instead we use heavy driftwood to contain the fire. When we extinguish our campfire, our wood ring also gets a thorough dousing with water.

Barbara K. Hill
Seattle

Sucrose for energy, bugs for nutrition

In your July article on hummingbirds, you give a recipe for hummingbird nectar on page 74. It is the exact recipe that I used for years. Several years ago I heard that my recipe was detrimental to the health of the birds because it did not provide sufficient nutrition. I took down the feeder, and now I rarely see any hummingbirds anymore. I'm confused. Is this nectar recipe nutritionally safe for the birds or not?

Roy N. Johnston
Oroville, California

■ *The sucrose (white sugar) formula we published duplicates the nectar found in flowers that hummingbirds prefer. The myth about sugar-based nectar being bad for hummers is the result of anthropomorphizing: it wouldn't be good for us humans (the reasoning goes), so it can't be good for birds.*

Hummers need lots of sucrose because they have incredibly high metabolic rates. Don't worry. They won't overdose themselves, and they will balance their diets with a variety of insects (which we humans do not fare especially well on, either).

Cliff May's oral history

I have just had a chance to carefully read your March article entitled "The Ranch House Rides Again" (page 84), and I enjoyed it very much. However, would it not have been appropriate to credit the UCLA Oral History Program's long interview with Cliff May, by Marlene L. Laskey ("The California Ranch House"), as the source of the article's quotations? Both are to be found on page 111 of Mr. May's oral history transcript in the UCLA Oral History Collection.

Dale E. Treleven, Director
UCLA Oral History Program
Los Angeles

■ *We are especially chagrined at this oversight because of Sunset's long relationship with the architect, who designed our headquarters building. The 368-page transcript, entitled "The California Ranch House: Cliff May," provides a fascinating portrait of this influential Westerner, and we consider it an essential part of our own research library.*

To ask about buying a copy, write to UCLA Oral History Program, 136 Powell Library, 405 S. Hilgard Ave., Los Angeles 90024.

Send letters to Open House, *Sunset Magazine*, 80 Willow Rd., Menlo Park, Calif. 94025; fax (415) 321-8193. Include a daytime telephone number.

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One automotive company has earned that title.

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The company responsible for such technological innovations as the first minivan airbag and the first built-in child seat.

The company that has sold more minivans than all other companies combined.

The Minivan Company. It has a more formal name:

The Chrysler Corporation.

Ask any of the three helped make Chrysler

1993 Plymouth Voyager SE

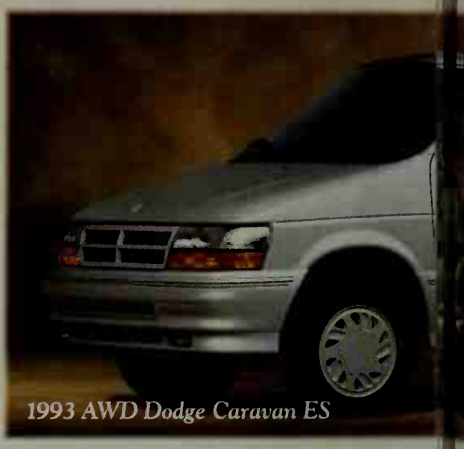
Ask the woman who baby-sits in one.

1993 Plymouth Grand Voyager LE

Ask the family in a Hond

1993 Chrysler Town & Country

Ask the engineer who hadn't owned an American car in over ten years.



1993 AWD Dodge Caravan ES

Ask the mag one to th

Dodge Caravan and Plymouth Voyager were this country's first minivans.

Ten years later, they're still America's first choice. And no one else even comes close.

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Ask the Cartwrights, who ran right into a concrete abutment. And walked away with only a few bumps and bruises.

million owners who've
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who used to be
ommercial.

1993 Dodge Caravan ES

Ask the family
that owns six.

ine that took
Arctic Circle.

1993 Dodge Caravan SE

Ask the family who survived
a collision in one.

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Just ask David Tarnosky. His '92 Town & Country is the first American vehicle he's owned since 1979.

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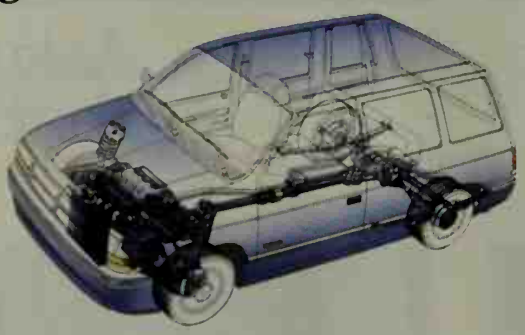
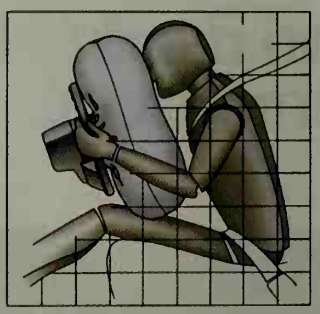
The Minivan Com

1984 Chrysler introduces the minivan. **1985** Selected as one of the "Ten Best Cars" in America by *Car and Driver*. **1987** V-6 power and a long wheel base model. *Automobile Magazine* "All-Star." **1988** 1,000,000th Chrysler minivan sold. *Automobile Magazine* "All-Star" and a *Family Circle* "Family Car of the Year." **1989** *Automobile Magazine* "All-Star" and *Motor Trend* "Ten Best." **1990** 2,000,000th Chrysler minivan sold. Town & Country, the first luxury minivan. *Automobile Magazine* "All-Star" and *Motor Trend*



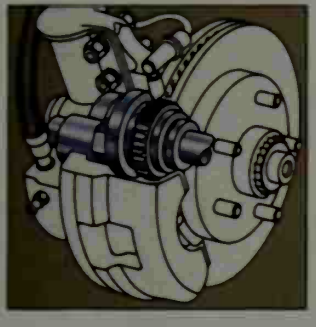


Plymouth Voyager

pany: A History.

"Ten Best." **1991** The second generation of America's best selling minivan debuts. Chrysler offers anti-lock brakes, all-wheel drive and quad seating. And introduces the first minivan driver's airbag.† *Automobile Magazine* "All-Star" and *Motor Trend* "Ten Best." **1992** 3,000,000th Chrysler minivan sold. The built-in child seat, *Motor Trend* "Ten Best" and a *Prevention Magazine* "Safe Car of the Year." **1993** Ten model years and still number one. With the highest owner loyalty rating of any minivan on the road.*

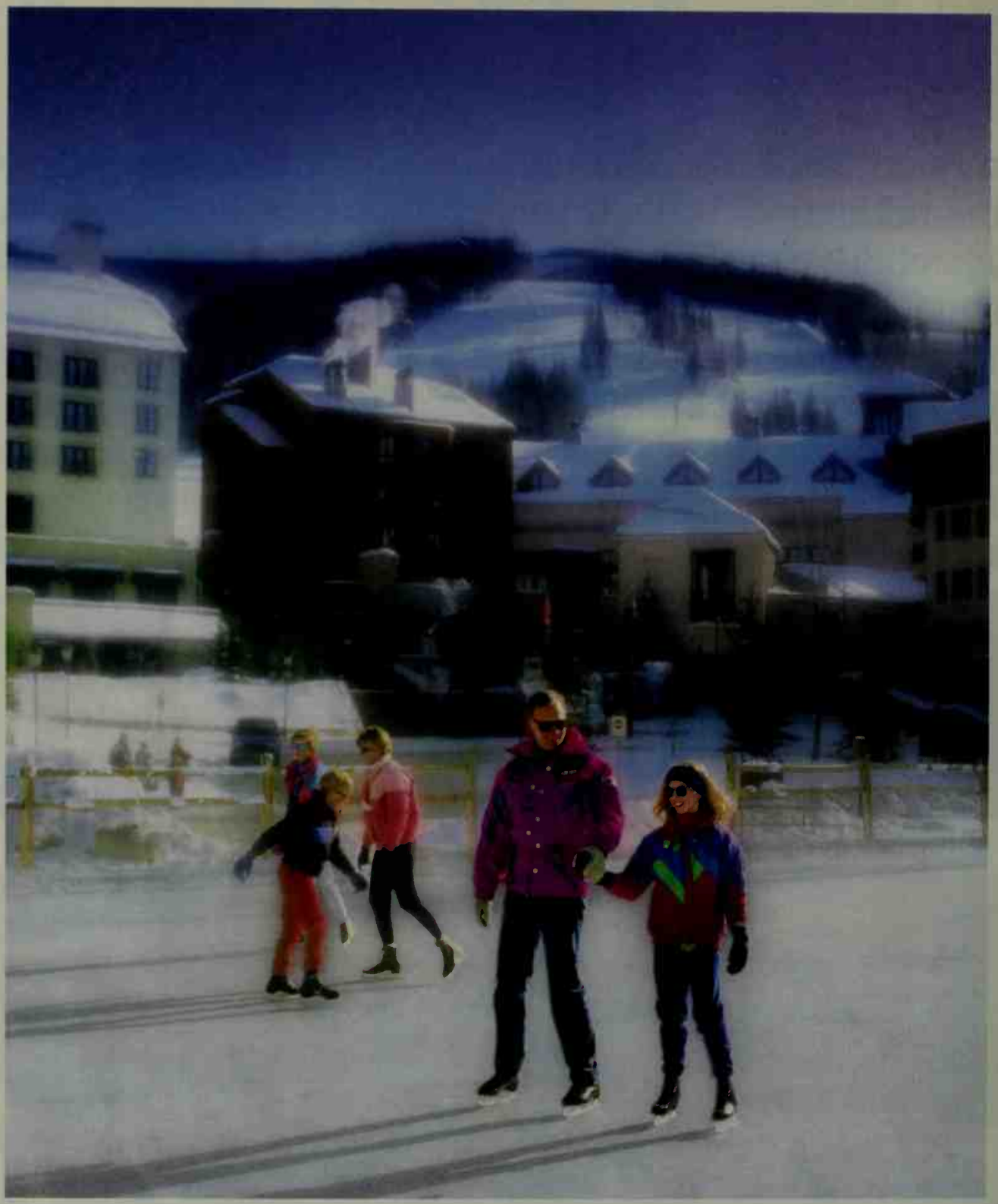
See limited warranties at dealer, exclusions and restrictions apply.



†Ask about available V-6, built-in child seat, anti-lock brakes, all-wheel drive and quad seating. Our standard driver's minivan airbag provides added safety when seat belt is worn. So buckle up for safety. *1991 Minivan Owner Loyalty Study. R.L. Polk & Co., July 1992.

Dodge CHRYSLER Plymouth

Call 1-800-876-MINIVAN for more information.



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Bedtimes happily abandoned for scary tour near Saratoga

■

In Berkeley, robotic whales squeak and whistle

■

Join a Civil War rerun in Fresno

Sunset's TRAVEL GUIDE

A drive into Utah's Oquirrh Mountains

■

Denver's Black American West Museum

■

In San Francisco, new walks in the Presidio

■

Bike between parks in Walnut Creek

CHARLES WEST

A MAD FRANKENSTEIN *at work creating a female monster electrifies a part of Haunted Woods.*

SARATOGA

Spooky nights in a haunted park

Sanborn-Skyline County Park comes to satisfyingly scary after-hours life every night (except Mondays) from October 21 through 31. It's the site of Haunted Woods, an annual Halloween treat that's cosponsored by the Youth Science Institute and Kiwanis International.

Families wander down from the parking area toward the site, as a rich redwood scent fills the cool evening air and squeals greet their ears. Starting at 7, groups of 20 to 25 depart every 3 minutes, to be escorted through a forest transformed by some 30 spooky scenarios.

You cross a bridge that has been invaded by aliens to encounter such apparitions as a zombie figure, a mad scientist, and a macabre interactive Jeopardy game (want to play?). A volcanic eruption frightens a hideous screeching pterodactyl into motion overhead in the cobwebby trees. Horrible, intestine-like clumps of clay jiggle in a bathtub brimming with blood.

The tours are popular, and there's often a wait. But the atmosphere is friendly (no problem asking a stranger to keep your place in line while you escort someone to a potty), and progress is steady. Hot dog booths open at 6, and there are picnic tables, so you can buy (or bring) a snack supper to ease the wait.

What age range is appropriate? Know your children. But from what we saw, 10 is about the oldest for genuine thrills, while someone under 3 might be too suggestible.

Admission is $7 for adults,

Sunset's
TRAVEL
GUIDE

$4 for ages 12 and under. Call (408) 356-7299 for directions and information.
—*Marcia Williamson*

BERKELEY

It looks, acts, and spouts like a whale

A massive sperm whale rises from the surf and crashes back down with surprising grace and speed. A narwhal punches its tusk through ice, lingering only long enough to examine you disdainfully. No, you're not whale-watching from a boat or catching the latest nature special on television. You're in the Lawrence Hall of Science at UC Berkeley, and those behemoths aren't blubber and bone—they're robots.

Beginning October 4, five lifelike robotic whales—gray, humpback, narwhal, orca, and sperm—will entertain and educate visitors. The models assume characteristic poses and emit the squeaks, clicks, and whistles used for echolocation (whale sonar). Moving eyes, mouths, fins, and tails make for an eerie sense of realism.

Whales: Giants of the Deep shows in Berkeley through January 10, and includes videos and hands-on exhibits. Hours are 10 to 4:30 daily; admission is $5, $4 ages 7 through 18 and seniors, $2 ages 3 through 6. For details, call (510) 642-5132.—*Bonnie Henderson*

FRESNO

Review the troops October 10 and 11

Soldiers whittle and tend to their chores; mountain men emerge from tents to repair their traps. The incongruous encampment, The Civil War Revisited, spreads outside a mansard-roofed mansion in Fresno's Kearney Park. It's a weekend of battle reenactments and demonstrations that would appeal to anyone interested in the details of the Civil War experience.

A relaxed ease of access is part of this event's success, as everyone—particularly local children, who earn school credits—is encouraged to approach costumed historical characters. Last year we watched General Grant, seated under a palm tree with a Diet Pepsi in hand, discuss his strategy for keeping the pressure on the Confederates with a 9-year-old interviewer, who solemnly shook hands at the conversation's end. (The general referred to his own young son, wandering nearby, as his "aide-de-camp.")

The event is comprehensive. Aside from the encampment (including a complete field hospital) and the battle action (with broadcast commentary), you can enjoy demonstrations of 1860s folk arts and live performances. An actor playing Frederick Douglass gave a particularly stirring oration last year.

Hundreds of volunteers organized by the National Civil War Association are cast as infantry and cavalry troops, an all-Irish brigade, a Scots regiment (with bagpipes), and the Western states' first black regiment.

Food and soft drinks are for sale at the site.

Admission is $10 per car; a program is included. Hours are 10 to 5 both days. The park is on Kearney Boulevard west of Fresno Street. For details, call (209) 441-0862.
—*M. W.*

PACIFIC SCIENCE CENTER

BARNACLE-ENCRUSTED GRAY WHALE *bursts through simulated ice; computer-programmed mouth opens to show baleen.*

SALT LAKE AREA

A loop drive into Utah's past

For a look at some of Utah's pioneer history (and some of its varied topography), drive the half-day loop southwest of Salt Lake City into the Oquirrh Mountains. This month, the fall foliage display lingers, and it's too early for snows to close mountain roads. Bring a picnic; you'll pass plenty of view-filled spots where you can spread a blanket.

Take I-80 west from the city, then southwest for impressive shoreline views of Great Salt Lake. Exit onto State 36 and follow it south to the Grantsville turnoff (near Stansbury Park). Take State 138 about ½ mile southwest to see the Benson Grist Mill, with intact 1860s agricultural equipment. Call (801) 882-7137 to arrange admission.

Back on State 36, go about 10 miles south to the picturesque town of Tooele, surrounded by sheep fields and seemingly untroubled by the passage of time. Call 882-0982 to check hours at the Daughters of Utah Pioneers Museum, a log cabin with Mormon relics.

Twelve miles south of Tooele, cut southeast on State 73 and look for signs leading up a secluded canyon to Ophir, an almost ghost town of slumping miners' shacks built after the 1860s gold discovery.

Following State 73 through Fairfield and Cedar Fort (and high-desert scenery), you'll finally join State 68. Drive north through open rangeland, then suburban settlement, to return to the Salt Lake area.—*M. W.*

DENVER

Black history lives at unique museum

Bill Pickett popularized the rodeo stunt known as bulldogging—busting recalcitrant broncs by biting them on the lip. James Beckwourth blazed a trail through the Sierra Nevada pass that still wears his name. Then there were the men of the U.S. Army's Ninth and Tenth cavalries—the so-called buffalo soldiers. "Indians called black soldiers that name," Paul Stewart told us, "because their hair was curly like the buffalo's. And because they were tough, like the buffalo."

What these pioneers have

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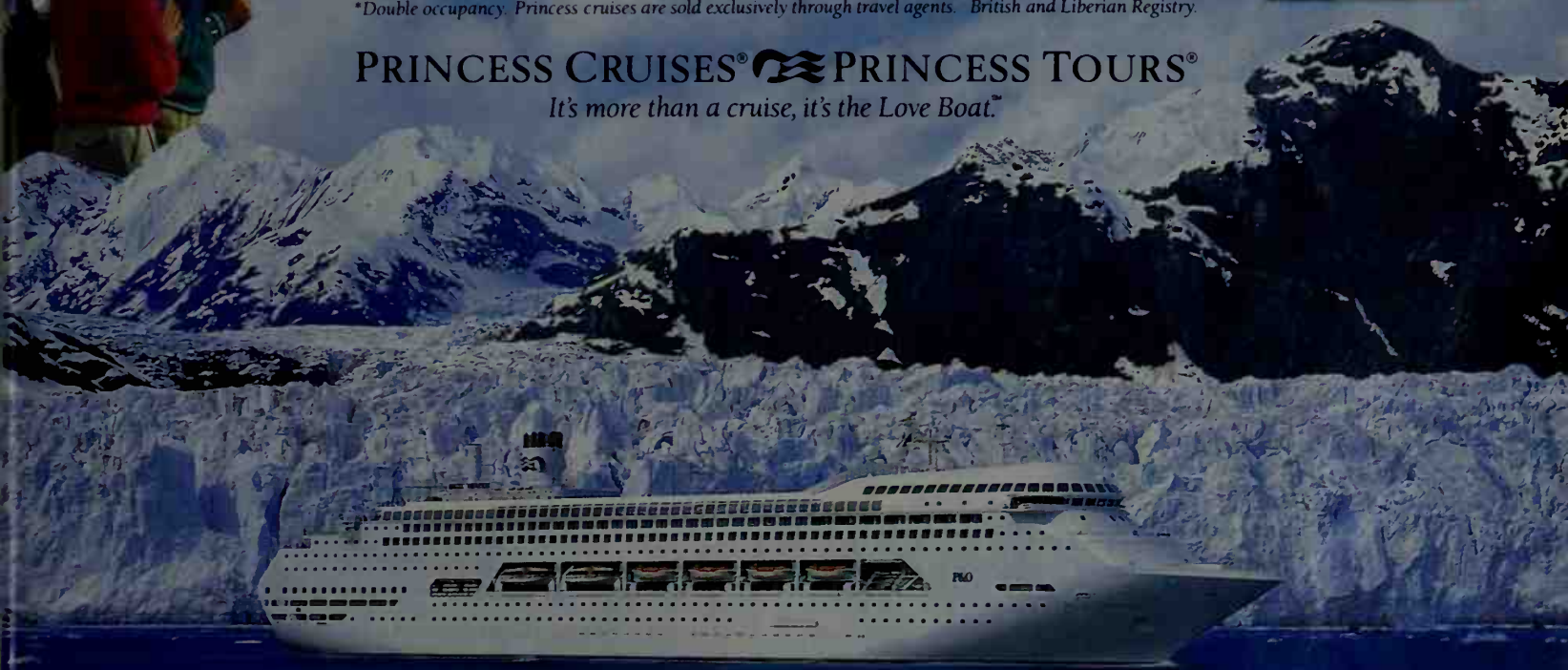

GLACIER BAY · COLLEGE FJORD · KENAI PENINSULA · DENALI NATIONAL PARK · PRINCE WILLIAM SOUND · MT. MCKINLEY

Sunset's
TRAVEL
GUIDE

in common is that they were black. And that Paul Stewart has saved them from being forgotten, thanks to his Black American West Museum and Heritage Center. It's the only museum devoted solely to the black experience in the American West.

As a schoolboy in Iowa, Stewart played cowboys and Indians—always being an Indian, he says, because "everybody" knew there were no black cowboys. Not until he arrived in Colorado and opened a barbershop did he find out differently. Customers shared memories of parents and grandparents who had ranched, gold-mined, and explored. Stewart started writing these recollections down. Then he started tape-recording them, aware that he was working against time. "Some of the people were 94, 95 when I interviewed them. Two or three months later they were dead. I worried I was pushing them along."

The museum (in the brick former home of Justina Ford, Colorado's first black woman doctor) is not large. But the exhibits and memorabilia—for instance, recollections of 200-pound, 6-foot-tall Montana saloon-keeper Mary Fields, who dealt with one deadbeat by knocking him down and standing on top of him until he paid up—are fascinating.

The museum lies northeast of downtown, at 3091 California Street. Hours are 10 to 2 Wednesdays through Fridays, noon to 5 Saturdays, 2 to 5 Sundays. Admission is $2, $1.50 for seniors, 75 cents ages 13 through 17, 50 cents ages 12 and under. For more, call the museum at (303) 292-2566.—*Peter Fish*

STEPHEN COLLECTOR

CORRALLING A FORGOTTEN PAST. *Denver barber-turned-historian Paul Stewart scoured the West to collect and interview for his Black American West Museum.*

SAN FRANCISCO

Presidio's Ecology Trail, other Walks on the Wild Side

One of the most interesting of the guided Walks on the Wild Side created by Golden Gate National Recreation Area (GGNRA) since the Presidio began its transition from Army post to national park is on the 2-mile Ecology Trail. This month's walk is on the 25th from 10 to 11:30.

From Pershing Hall in the Main Post, on the corner of Funston and Moraga avenues, you walk through shadowy groves of redwood, eucalyptus, and Monterey pine into the Presidio's forested heart. Each ranger's narration differs slightly, but all touch on the post's development and the area's natural history. You'll learn, for instance, that the first settlers encountered a moor of sand dunes and indigenous grasses and that trees weren't planted until 1886, when American soldiers sought to protect the base from the bitter winds.

Soon the trail drops you down to El Polin Spring, a source of fresh water for generations of Indians, Spaniards, and Americans. Past El Polin, the trail angles back into the forest before returning to the Main Post via Lovers' Lane.

Other walks in the series include the 3-mile Coastal Defense Trail (1:30 to 3:30 on October 4), a tidal zone walk along the Golden Gate Promenade (3 to 4 on October 25), and tours of the Main Post (10 to noon every weekend). October will be busy because of Fleet Week and the 500th anniversary of Columbus (October 10, 11, and 12), so call early for reservations. Parking is available in front of the Officers' Club.

To hike on your own, pick up the new Presidio map and guide ($2.50) at Fort Point, underneath the Golden Gate. For details, call the Presidio Resource Center at (415) 556-0865.—*Robert Crisell*

WALNUT CREEK

A park-to-park ride—and a Rails to Trails celebration

A fine way to enjoy Walnut Creek's wealth of parks, trails, and hilly scenery is on a leisurely 4-mile bicycle outing between Heather Farms Park and Larkey Park. Bring the kids, a picnic, and your swimsuit; Larkey's pool closes September 30, but Heather Farms' is open year-round.

Begin the ride at Heather Farms, 2½ miles east of Interstate 680 on Ygnacio Valley Road. Ride around the fishing pond next to the baseball field (watch out for the ducks) and turn left onto the Contra Costa Canal Trail. Ride a level 2 miles alongside the narrow canal. At the sign to Mount Diablo, turn left, and go through the tunnel under Geary Road. At Buena Vista Avenue, turn left again.

Larkey's big draw is The Lindsay Museum, one you won't have to force the children to attend. Exhibits focus on local natural history and include live golden eagles, hawks, raccoons, and six different kinds of snakes. It's open 1 to 5 Wednesdays through Sundays. For details, call (510) 935-1978.

On the way back, you can add a 6-mile loop by continuing along the canal past the Heather Farms turnoff and taking a right onto Ygnacio Canal trail, which takes you under Ygnacio Valley Road back to the Heather Farms parking lot.

In other trail news, the 7½-mile Lafayette-Moraga Trail a mile south of Larkey Park (the old route of the Sacramento-Northern Railroad) will be feted with a parade and rededication on October 3. The event is part of a national Rails to Trails celebration that day. For more information, call Diane Welles at (510) 945-6930, or Phillipe Christ of the Rails to Trails Conservancy at (202) 797-5400.—*R. C.* ■

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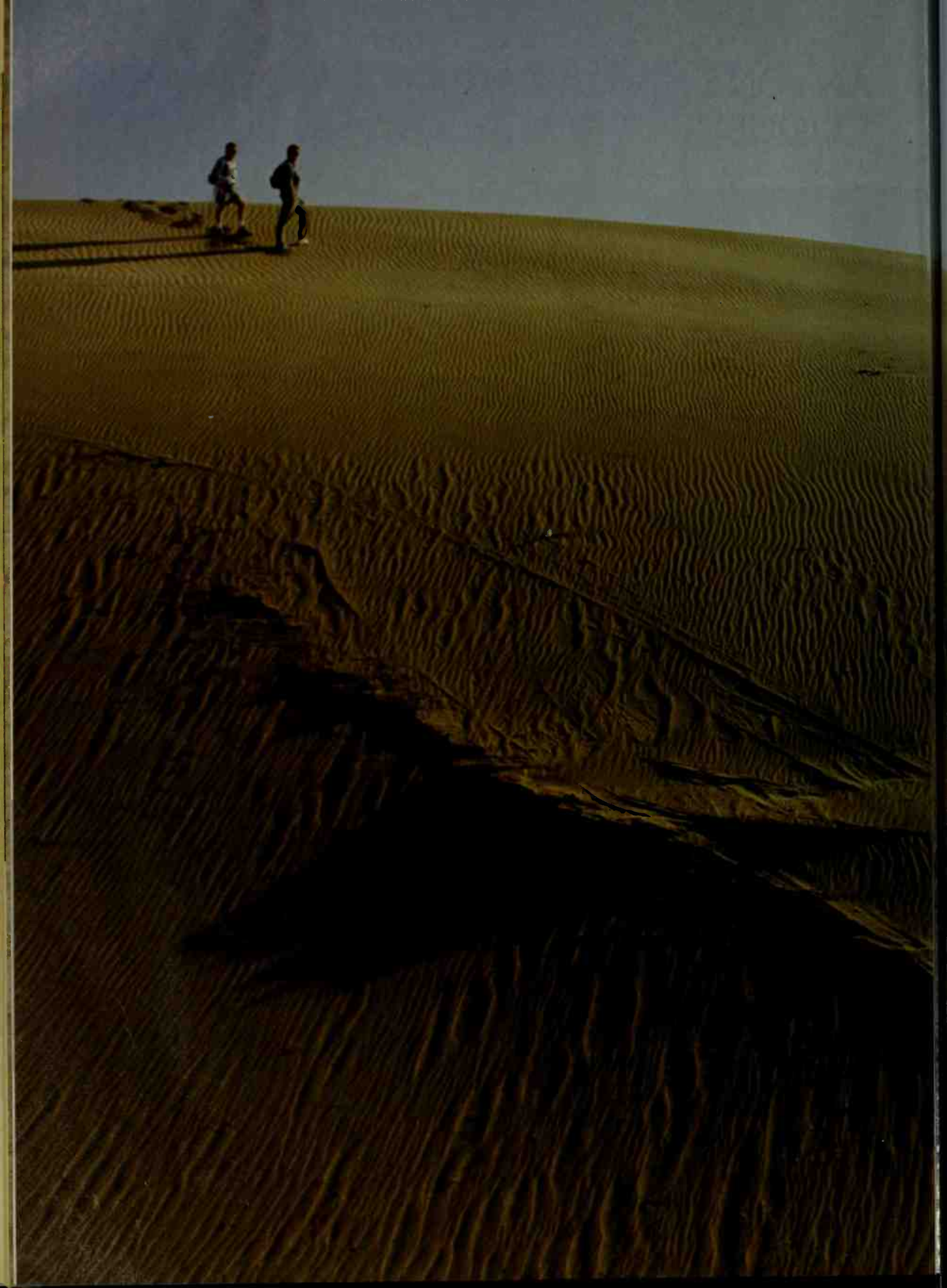


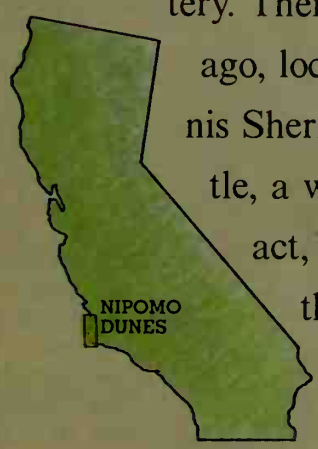
California's ultimate sea of sand

WOMBLIKE, WANDERABLE NIPOMO DUNES ARE A DUNE LOVER'S DREAM

MARTHA WOODWARD

Early-morning hikers in the Nipomo Dunes on California's central coast have long noticed some weird, tiny tracks. They are wormlike, elongated, slightly raised in the dawn's undisturbed sand. It would be nice to describe the tracks in poetic terms, but most people who see them think immediately of varicose veins.

Until recently, however, the cause of the tracks to nowhere remained a mystery. Then one day about a year ago, local entomologist Dennis Sheridan discovered a beetle, a water beetle to be exact, basically swimming through the sand, gobbling up microscopic bits of food



GRAIN REPORT

"The most unique and fragile ecosystem in the State of California" is how a 1980 Department of the Interior report described the Nipomo Dunes, a sliver on the central coast (see map).

MARTHA WOODWARD

GIANT COREOPSIS *reward tired hikers as they near top of Mussel Rock Dunes.*

between the grains.

Clearly this beetle's ancestors had millennia ago made a discovery about California's largest coastal dune system that humans continue to make: the sand here is like water. Running and tumbling on Nipomo's soft, forgiving, and warm dunes can feel like diving or swimming. The greatest risk to humans is, in fact, the water-turned-sand beetle's driving ambition: a mouthful of sand.

The beetle is probably too busy with its microscopic buffet to notice, but these dunes are waterlike in another way. Seen from the highest spot, the 500-foot-tall Mussel Rock Dunes, the sand flows like a terrestrial sea, 18 miles long and about 2 miles wide, toward Pismo Beach. Later, in the isolation of a deep trough, miles from any road, the feeling is of being on open water but surrounded by the swells.

It's no wonder that one of the dunes' stewards, The Nature Conservancy, has dubbed this stretch "one of the last great places in America." The dunes have drawn visual artists from Ansel Adams and

The five best places to wander in the Nipomo Dunes

1. Pismo Dunes Preserve

This is a spot close to State 1 to wander tall dunes. From the free parking lot at the end of Pier Avenue in Oceano, walk south ½ mile past the mouth of Arroyo Grande Creek and start climbing.

2. Oso Flaco Lake area

Drive to the end of Oso Flaco Lake Road; pick up a map at The Nature Conservancy's kiosk, then park ($4). There's a short signed walk to freshwater Oso Flaco Lake, where you can watch ruddy ducks, mallards, herons, and (during the winter) white pelicans. From there, take the boardwalk 1.3 miles across dunes to the beach.

3. Coreopsis Hill

From the boardwalk's end, walk toward the ocean and cross Oso Flaco Creek. Then turn inland across vast dunes toward the distant green hill (covered in spring with yellow coreopsis blossoms). It's about a 5-mile round trip from your car.

4. Mobil Coastal Preserve

To get to this unmarked 2,500-acre area, follow directions (#2, above) from Oso Flaco Lake across the creek to the beach. Then go south along the beach about a mile to the state park boundary sign, and turn inland into the deep dune hollows. To avoid the chance of getting (pleasantly) lost in the preserve, take a guided all-day, 7-mile round-trip hike (see below) to Hidden Willow Valley, a secluded spot with willow woodlands tucked between steep dunes.

5. Mussel Rock Dunes

It'll take energy and more than half a day, but the walk to Nipomo's largest dunes gets you great views of the wild coastline. From the free parking lot at the end of W. Main Street, walk south along the beach 2½ miles to Mussel Rock. Be warned that the wind will likely be in your face for the return. And you'll be tired.

Basic dune advice. Wear comfortable shoes, like high-tops, that don't take in sand. For protection against the sun and wind, bring a broad-brimmed hat, sunscreen, and sunglasses, and consider long sleeves, long pants, and a windbreaker.

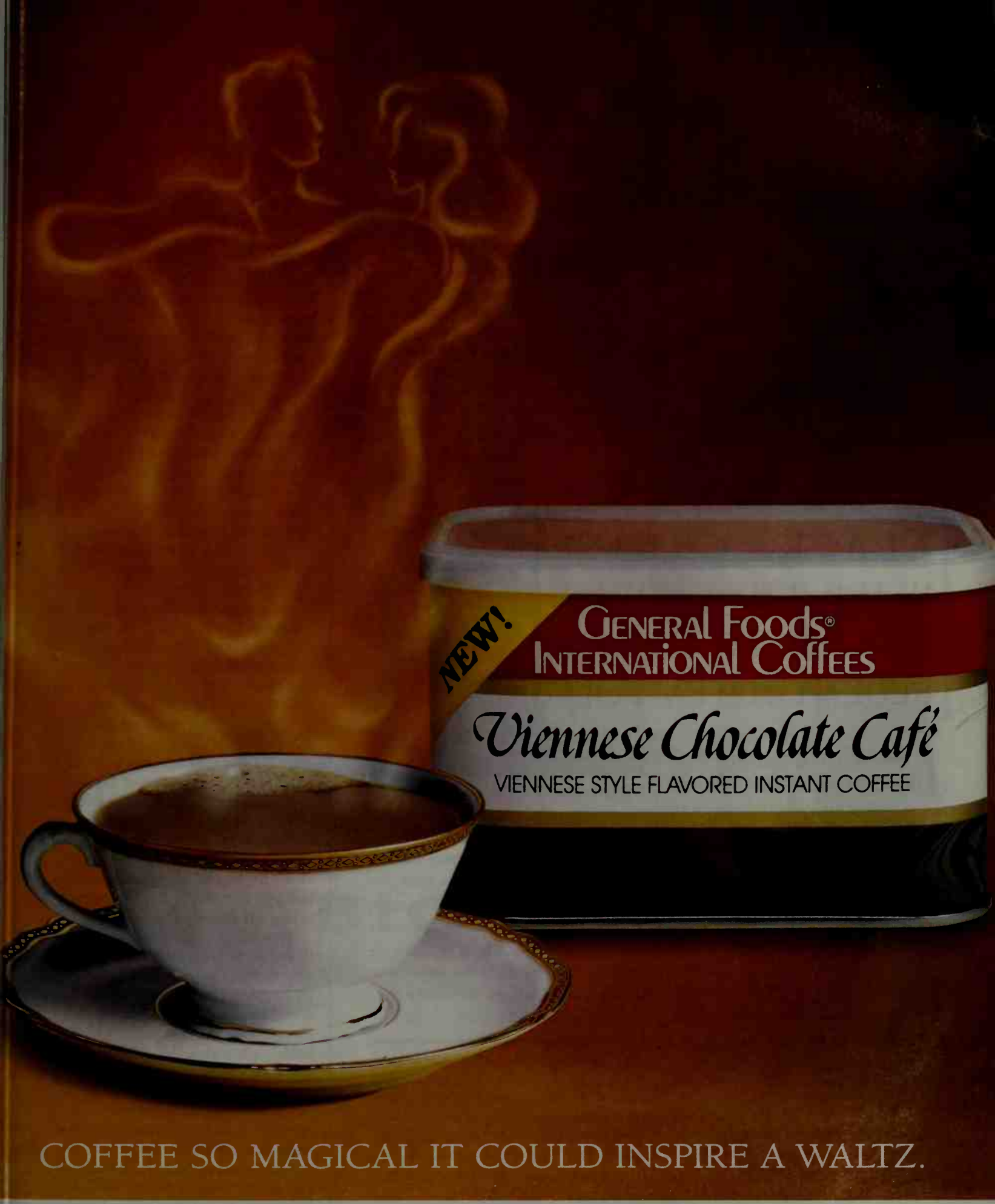
The best time to go is early morning, when the undisturbed dunes are shadowy, golden, and dotted with tracks. Late afternoon's shadows and rosy hue are lovely, too. While none are epic, the hikes can all be difficult, so bring enough water and food to maintain your energy.

If you want to run and tumble, avoid areas (usually marked) undergoing revegetation. In general, limit romping to unvegetated areas.

Dogs are not allowed.

Organized hikes. The Nature Conservancy. Along with People For The Nipomo Dunes and other local groups, the Conservancy offers occasional hikes to Coreopsis Hill, Hidden Willow Valley, Oso Flaco Lake, and other areas. During CoastWeeks (September 19 through October 12), more hikes are scheduled than usual. Call (805) 545-9925 for details.

Bill Denneen. A local naturalist and a dune institution himself, Denneen offers 10 to 15 hikes monthly. For information, call him at 929-3647.



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MARTHA WOODWARD

SPREADING SAND *encroaches on Oso Flaco wetland; The Nature Conservancy worries that dunes, if not stabilized, could fill lakes.*

Edward Weston, who shot one of his most famous photographs near Oceano, to Cecil B. De Mille, who built massive sets for the original *Ten Commandments* near Guadalupe—sets another Hollywood filmmaker is now trying to unearth from their sandy grave.

The dunes have been a private altar for locals and a cathedral for dreamers, like the Dunites, a group of intellectuals who created a dune utopia here in the 1930s. Today, the dunes still provide a place to walk—for an hour or a whole day—to simply lose yourself and find something more.

OUR LADY OF THE DUNES

Geologically, the dunes are young. About 18,000 years ago, toward the end of the last ice age, severe storms caused erosion of the Santa Lucia Range, visible to the north. Streams carried the material to the ocean, and currents pushed it southward, where it piled up as sand along this curving coastline. Then the wind took over, spreading the sand inland. Sand still sometimes wisps down streets in Santa Maria, some 12 miles from the ocean.

The picture windows in Kathleen Goddard Jones's home in Arroyo Grande look out over farmland to the dunes south of Oceano. For many, the 85-year-old Jones and this landscape are inseparable. One day in the early 1960s, she noticed a newspaper item announcing that Pacific Gas & Electric had acquired some dune land for a nuclear power plant. That began a two-year round of meetings, field trips, and dinners as Jones led the effort to acquaint PG&E officials with why the dunes should be saved.

"None of them had seen the dunes, so I took them out there," she recalls. PG&E's eventual decision to build its plant in a little-known spot farther north, Diablo Canyon, led to criticism of Jones by both environmentalists (who opposed all nuclear power plants) and locals (who were angry about the loss of tax revenue and building contracts). But the process of saving the dunes had begun.

That effort to preserve what Jones describes as "this incomparable coast" now includes players from a wide philosophical and administrative spectrum; among them are The Nature Conservancy, oil companies, off-road-vehicle advocates, the U.S. Air Force, and local farmers.

The politics of compromise plays out in the way the dunes are used. North of Oso Flaco Lake, where revegetation efforts are under way to stabilize denuded dunes, off-road vehicles race through a fenced area. Along the beach, equestrians ride—harmlessly or heavily depending on whom you talk to. And in a scene worthy of *Mad Max,* an oil operation pumps away in the sands south of Main Street. Yet

(Continued on page 29)

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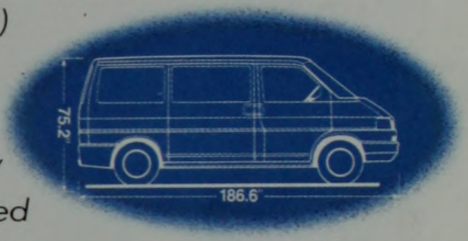
out a Porsche 911. Both have front torsion-bars and four-wheel independent suspension. (Of course, EuroVan is no sportscar, but it does have Fahrvergnügen.™)



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the bulk of the dunes has been set aside for use by hikers only.

THESE DUNES ARE MADE FOR WALKING

The dunes are still their own best argument: introduce people to the land and they will understand its importance, says Jones, who still leads walks here.

The wind has created a complex world of ridges and valleys. In the bowls, take a few moments and your eyes begin to pick up lizard tracks, gentle contours, a tiny flower pushing its way through the sand. Rare plants and animals have found a haven in this remarkably diverse terrain, where three separate species of sand verbena can grow in distinct microclimates within yards of each other.

Climb a ridge, and the view of sculpted sand edges and deep parabolic bowls may linger as long in your memory as your first view of a great mountain range. But here, the land can shift 20 feet in a year. This is grandeur on the go.

Just about anyone, including dune veterans like Jones, gets happily lost on occasion. But it's an outing to a familiar area that brings her to tears.

"I brought a group of 25 kids up to Coreopsis Hill," she says. "It was a beautiful sight: the kids scrambling through the sand, the great golden flowers. We worked our way through the white sand to an old Chumash midden. I told the children that the shell mound was made by the people who came before us. The children all dropped to their knees. Spontaneously. Like they had a feeling of awe."

The dunes' mystical quality can hit visitors at any time. For some, the trigger might be the yips of coyotes over the crashing of waves. For others, it's the finely etched line of a dune scarp at dawn.

"I guess it goes back to the old belief in Gaea, Mother Earth," says San Luis Obispo firefighter Norm Hammond, who 20 years ago discovered a hermit who was the last of the Dunites. "It just seems like there are some places more open to get that feeling. I've backpacked in the Sierra and in the desert, but I was more on guard there. In the mountains, you can freeze to death; in the desert, you can die of thirst. In these dunes, I feel that nothing can hurt me. It's womblike." ■

By Matthew Jaffe

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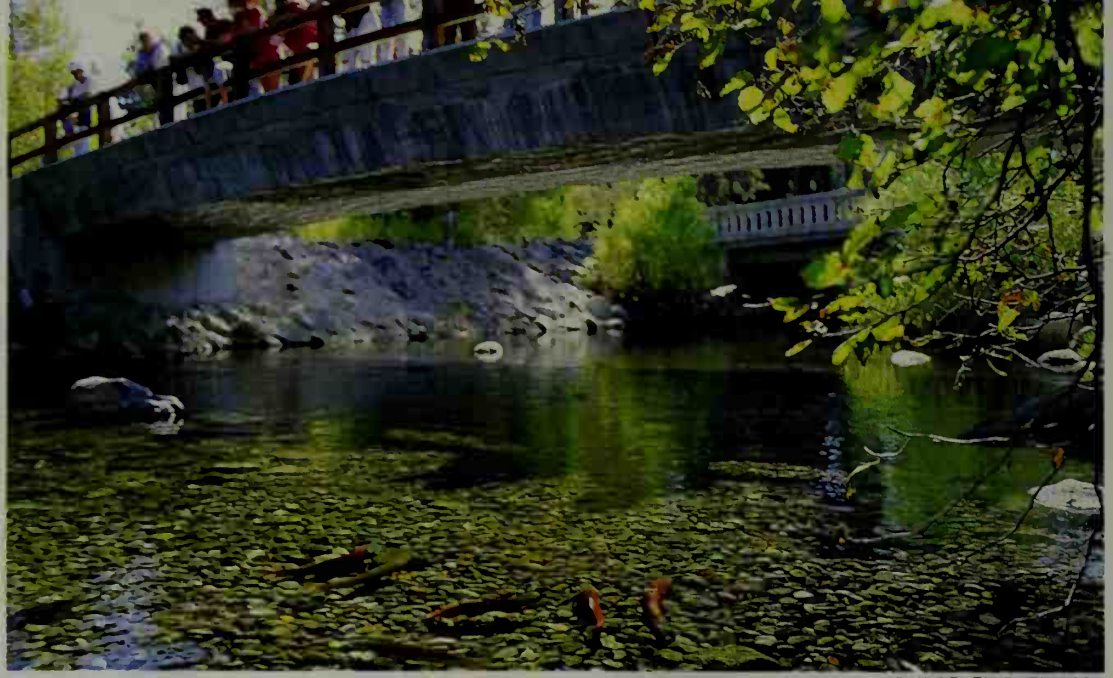
Tahoe's drama of the kokanee

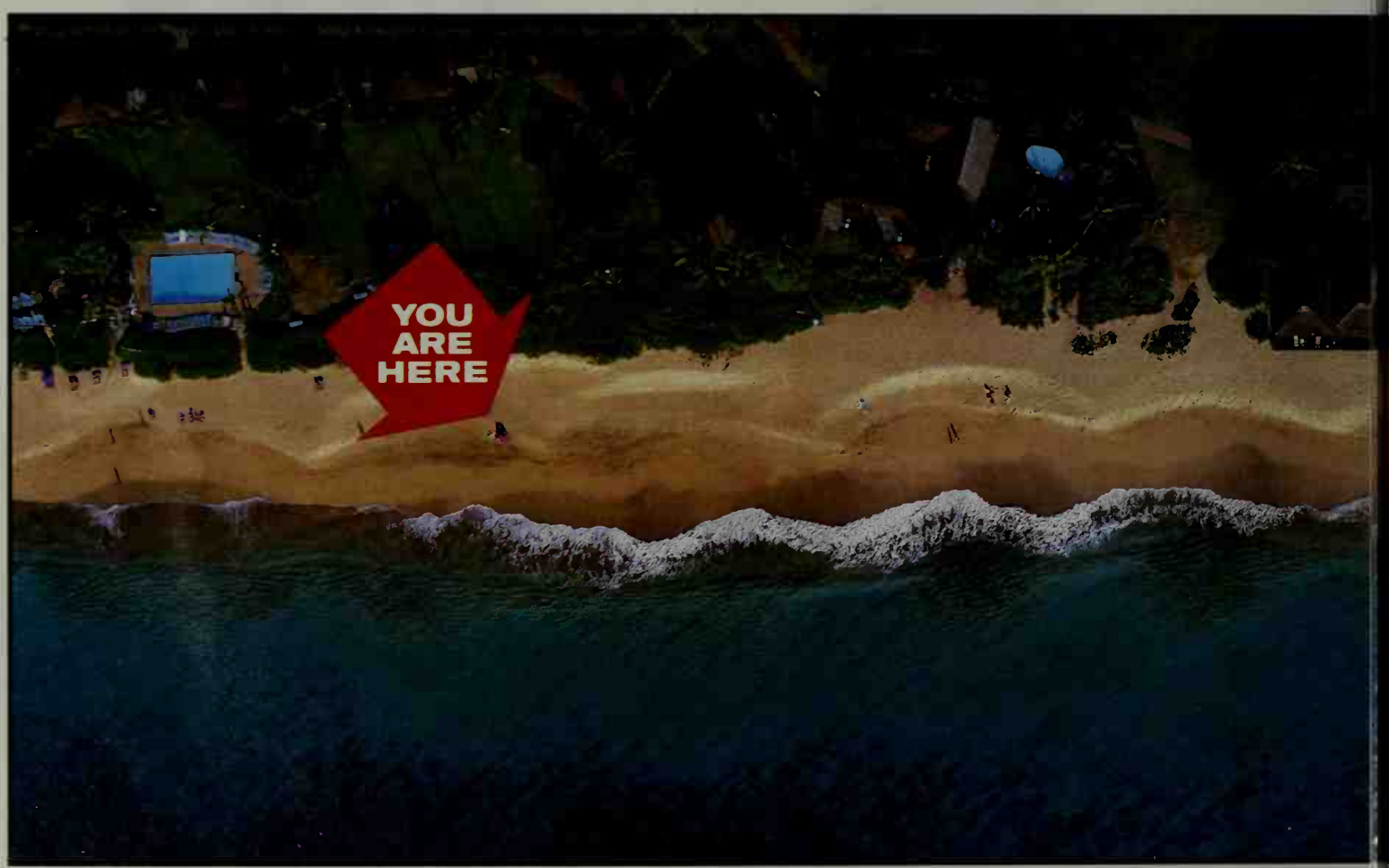
Watch the leaves turn and the kokanee salmon spawn during a mellow autumn visit



R. VALENTINE ATKINSON

FOOTBRIDGE OVER *Taylor Creek becomes an outdoor mezzanine for watching kokanee after they've fought upstream to spawn and die.*

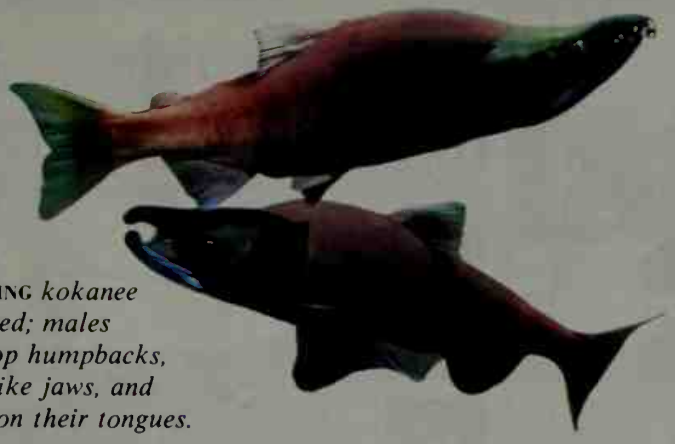
EACH AUTUMN, FROM late September through mid-October, one of biology's clocks sounds an irresistible alarm. Mature kokanee salmon, transformed from a silver-blue color to a fiery vermilion, twist their narrowing way upstream from Lake Tahoe to spawn in the gravels of Taylor Creek, near South Lake Tahoe. The sight of the blazing salmon draws many spectators, who can observe the fish at close range in several places. The kokanee's commitment to its nature is compelling. People tend to stop for a brief look, then become transfixed.



Introducing a Travelers Cheque for couples wh

Introduced to the lake in 1944, this fish is a landlocked version of the oceangoing sockeye. Lake anglers call it silversides, for its fight as well as its flash. But as these salmon reach about 3 years of age, they are overcome by a call set deep in their genes, and begin to move toward the stream where they hatched.

As they go, their bodies turn from willow leaf–shaped to humpbacked. Hormone changes inflame their skin. Their flesh goes mushy and their stomachs resorb. The males develop strange new teeth along suddenly protuberant lower jaws; some even grow teeth on their tongues. Finally, after days of struggle, little more than moving carcasses, they spawn. Then they die, a feast for gatherings of mink, bears, and plunging bald eagles.



SPAWNING *kokanee turn red; males develop humpbacks, hooklike jaws, and teeth on their tongues.*

To view this drama, stop by the U.S. Forest Service's Lake Tahoe Visitors Center during the annual Kokanee Salmon Festival, October 3 and 4, for short naturalist-guided walks, or go on your own anytime through the third week in October. Pick up brochures at the center. Then follow the self-guiding Rainbow Trail to the Stream Profile Chamber, a windowed underground room with a view of the kokanee. Leaving the chamber, follow a gravel path (not the Rainbow Trail) to the bridge to watch pairs of salmon select egg-laying sites and spawn.

To reach the center from South Lake Tahoe, take U.S. 50 southwest 2 miles, then take State 89 west 3 miles.

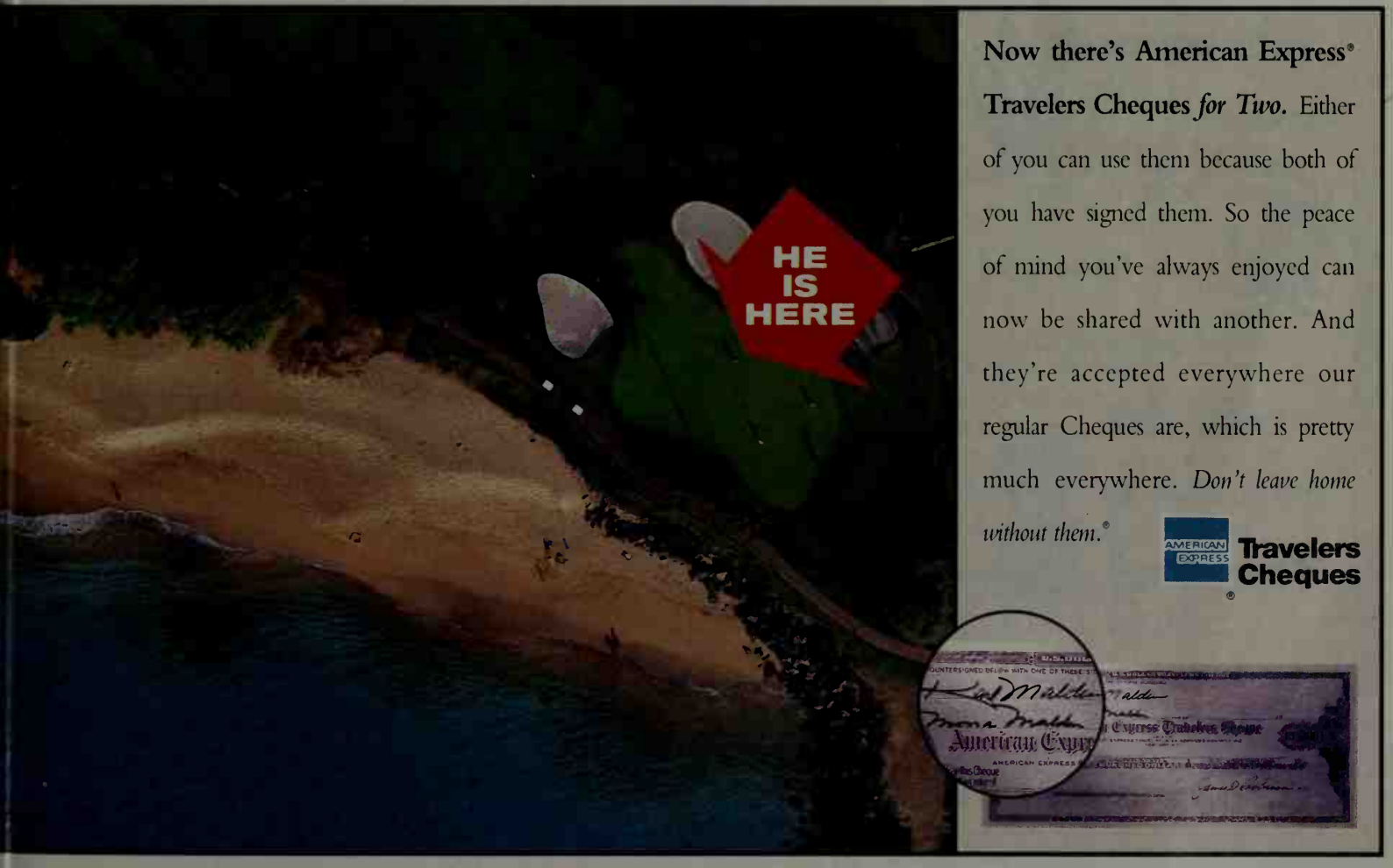
MAKING A WEEKEND OF IT

This is a mellow time to be in south Tahoe: off-season, uncrowded, and peaceful. The warm days and cool nights keep sugars in the willow and aspen leaves, lending a golden glow to the surroundings.

Tallac Historic Site, a cluster of summer estates from early in the century, is adjacent to the visitor center and has ¾ mile of beach for swimming and picnicking. The grand old properties—among them a museum and an events center—are definitely worth a look.

For lodging help, call (800) 288-2463. Of the many good choices, we especially liked old-timey Richardson's Resort, where we had a comfortable lakefront unit within easy walking distance of both Tallac and Taylor Creek, for less than $100; call (916) 541-1801. The resort has boat and bike rentals, a sandy beach, and a dock. Through October, it offers a beginners-welcome kokanee kayak tour; call (916) 544-2011. ■

By Marcia Williamson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A quick guide to Boulder and Chico

SHOULD OUR ARTICLE ON irresistible college towns (page 86) whet your appetite for Boulder or Chico, the following can make a visit complete.

BOULDER, COLORADO

Where. Boulder lies about 30 miles northwest of Denver via Interstate 25 and State 36. The University of Colorado is bordered roughly by 28th Street, Arapahoe Avenue, Broadway, and Baseline Road, with most points of interest on the west (Broadway) side. Downtown Boulder—including the Pearl Street Mall—lies a few blocks north of campus, a nice walk.

Town tactics. Downtown possibilities include the historic Hotel Boulderado, 2115 13th Street, (303) 442-4344; or, for bed-and-breakfast lovers, The Boulder Victoria, 1305 Pine Street, 938-1300. For other lodgings, call the Boulder Chamber of Commerce, 2440 Pearl Street, 442-1044.

As for restaurants, besides those listed on page 89, try two brew pubs: Boulder Brewing Company Tasting Room, 2880 Wilderness Place, 444-8448; and Oasis Brewery, 1095 Canyon Boulevard, 449-0363.

Campus tactics. Campus tours leave weekdays at 10:30 and 2:30 from the Regent Administrative Center, Regent Drive, 492-6301. Or tour the campus yourself, with a map and events calendar picked up at the center between 9 and 4 weekdays. Highlights include natural history exhibits at The University of Colorado Museum, 15th and Broadway. It's open 9 to 5 weekdays, 9 to 4 Saturdays, 10 to 4 Sundays; call 492-6892. The CU Heritage Center, on the third floor of Old Main Building, is a treasure trove of university memorabilia. It's open 10 to 4 Tuesdays through Fridays; call 492-6329 for details.

Hill tactics. West across Broadway from campus lies another student neighborhood, The Hill. At 1111 Broadway, you'll find the Colorado Bookstore; at 1111 13th Street, the excellent Josh and John's Naturally Homemade Ice Cream. Nearby, at 1206 Euclid Avenue, the Boulder Museum of History occupies a lovely Victorian house filled with displays on town history. It's open noon to 4 Tuesdays through Saturdays; admission is $1. Call 449-3464.

Hiking, biking information. Most town bicycle shops rent bikes; the chamber sells bike maps for $2. For trail maps of Boulder Mountain Park and other preserves, stop by the city parks and recreation office, 3198 Broadway, 441-3400; or Boulder Open Space and Real Estate, 1101 Arapahoe, 441-3440.

CHICO, CALIFORNIA

Where. Chico lies about 85 miles north of Sacramento on State Highway 99. Take the W. Eighth Street exit and go southwest about a mile to Main Street; you'll be downtown, which centers on Main and Broadway between E. First and E. Fifth streets. You're also just a few blocks southeast of the Chico State campus.

Tactics. Like Boulder, Chico is worth at least one night's stay. You can get maps and Chico State information at the campus information office, W. Second and Chestnut streets. Hours are 8 A.M. to 7 P.M. weekdays; call (916) 898-4636. For lodging and information about town, stop by the Chico Chamber of Commerce, at E. Fifth and Main streets, open 9 to 5 weekdays; call 891-5556.

Restaurants include Caffè Siena (coffee, pastries), downtown at 128 Broadway, 345-7745. Farther afield is The Hatch Cover (steaks and seafood), 1720 Esplanade, 345-5862.

Bidwell Mansion State Historic Park. This beautiful 26-room Italianate mansion, just east of campus, was home to 19th-century nabobs John and Annie Bidwell. Guided 45-minute tours run between 10 and 4. Admission is $2; call 895-6144.

Bidwell Park. Start into 2,400-acre Bidwell from the Chico Creek Nature Center, at 1968 E. Eighth Street. Besides offering exhibits and guided walks, the center serves as a clearinghouse for park information. It's open 11 to 4 daily except Mondays; call 891-4671.

Bicycling. Although bikes aren't permitted in the campus core, Chico is a good place to cycle. Many downtown bike shops offer rentals. ■

By Peter Fish

New England

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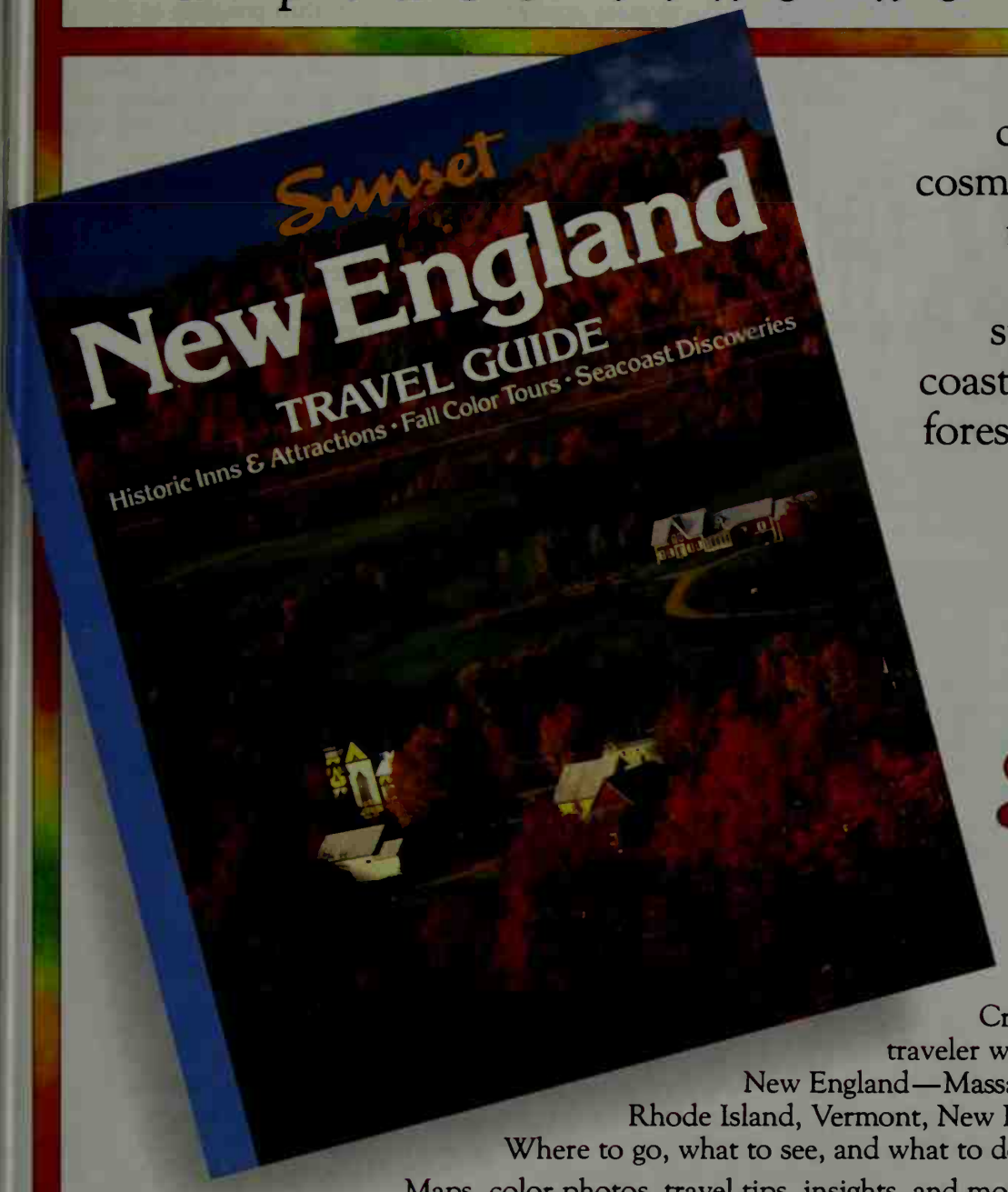

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DAVE BROAD

Coloma, about those ghosts—you're kidding, right?

California's Gold Country is the state capital of ghost stories—some goofy and some, frankly, not

THE FIRST THING YOU must understand is that this was *not* a dark and stormy night. It was, rather, one of those balmy, moonless spring evenings you can luck into in California's Gold Country. The sky was full of stars, crickets and frogs were singing, and the air was warm and as sweet as honeysuckle.

I should also point out that when my family and I set out for an after-dinner stroll along a deserted, darkening road in Coloma, ghosts were the last thing on our minds.

Go ahead, roll your eyes. But even now I can recall the eerie chill that enveloped us as we passed the steep hillside of the Pioneer Cemetery. There was *something* up among the mossy granite tombstones, and that something got me to wondering if maybe, just maybe, there is some truth to all those stories about ghosts in the Gold Country.

Although the supernatural isn't yet touted on Mother Lode tourist brochures, ask around, and in almost every old mining town along State Highway 49 you'll hear accounts of mysterious rattlings, unexplained lights, and haunting apparitions.

Gold Country writer Nancy Bradley insists that this is one of the nation's spookiest regions. Over coffee one afternoon in Coloma she explains: "With its history of hardship, greed, and violent death, the Gold Country was charged with so much spiritual energy that it's not surprising so many strange phenomena are reported."

Of course, Bradley used to write for the *National Enquirer*. Most other Gold Country denizens I talked to were less evangelical, repeating their tales of ghostly runins with a smile that warns listeners to take their words—as longtime Coloma resident and veteran park ranger Alan Beilharz says—with "a large grain of salt." They seem aware, certainly, that reports of mysterious incidents can't hurt the popularity of "ghosting" trips or the bookings at local bed-and-breakfast inns (see "Where to stay: a ghosting guide," on page 39).

But this delicious folklore thrives even when the tourists have departed. Up in Downieville, restaurateur Jerry Cirino has heard locals talk about the ghost of a young murderess named Juanita who has appeared on the Highway 49 bridge over the North Yuba River—the same bridge where, in 1851, the woman was lynched by a mob of miners.

And Placerville resident Marcus Wells insists there are happenings (open drawers, misplaced objects) on the second floor of the town's old theater building that "rate a 7 or 8 on the creep meter." In fact, most people I spoke with during a recent tour had at least one story to share. And the most persistent stories seem to focus on two separate areas: Coloma, where gold was discovered, and Nevada City, where the big mines lasted longest.

A GHOST ON THE WALL, SPIRITS IN THE MINE

Barbara Weaver, her white hair carefully coiffed and her handshake firm, would rather deal with historical facts than paranormal phenomena. And yet even she, the director of Nevada City's Firehouse Number 1 Museum, can't explain the 1880 photograph displayed at the top of the stairs. It shows a Mr. Carrigan, then president of the local Malakoff Mine, in formal seated pose, with the faint image of a boy standing at his shoulder—a boy Carrigan claimed was a younger version of himself.

According to Carrigan's story, just before the shot was taken he was reminiscing about something that had happened when he was 12 years old. When the photo was developed, the boy's image appeared. Begrudgingly, Weaver concedes that photographers who have examined the picture say it hasn't been tampered with, and that she has found nothing to indicate that Carrigan was making the whole story up.

The museum, at 214 Main Street, is open 11 to 4 daily through November 1, then Thursdays through Sundays.

Nearby, in Grass Valley, docent and retired teacher Evelyn Bachand gives tales surrounding the old Empire Mine a little more leeway. As she leads a tour group from the bright sunlight into the dark, cool confines of the mine's main shaft, Bachand recounts how miners came from Cornwall to work these gold mines in the 1860s, and how they brought with them some impish characters the miners called Tommyknockers.

The capricious Tommyknockers, "little men sort of like Irish leprechauns," might lead the miners to gold one day and torment them with pranks the next. But their mischief was tolerated, because, in exchange for the crusts that miners left from their meat pie lunches, the Tommyknockers warned of dangerous bracings or buildups of lethal gases by knock-

(Continued on page 38)

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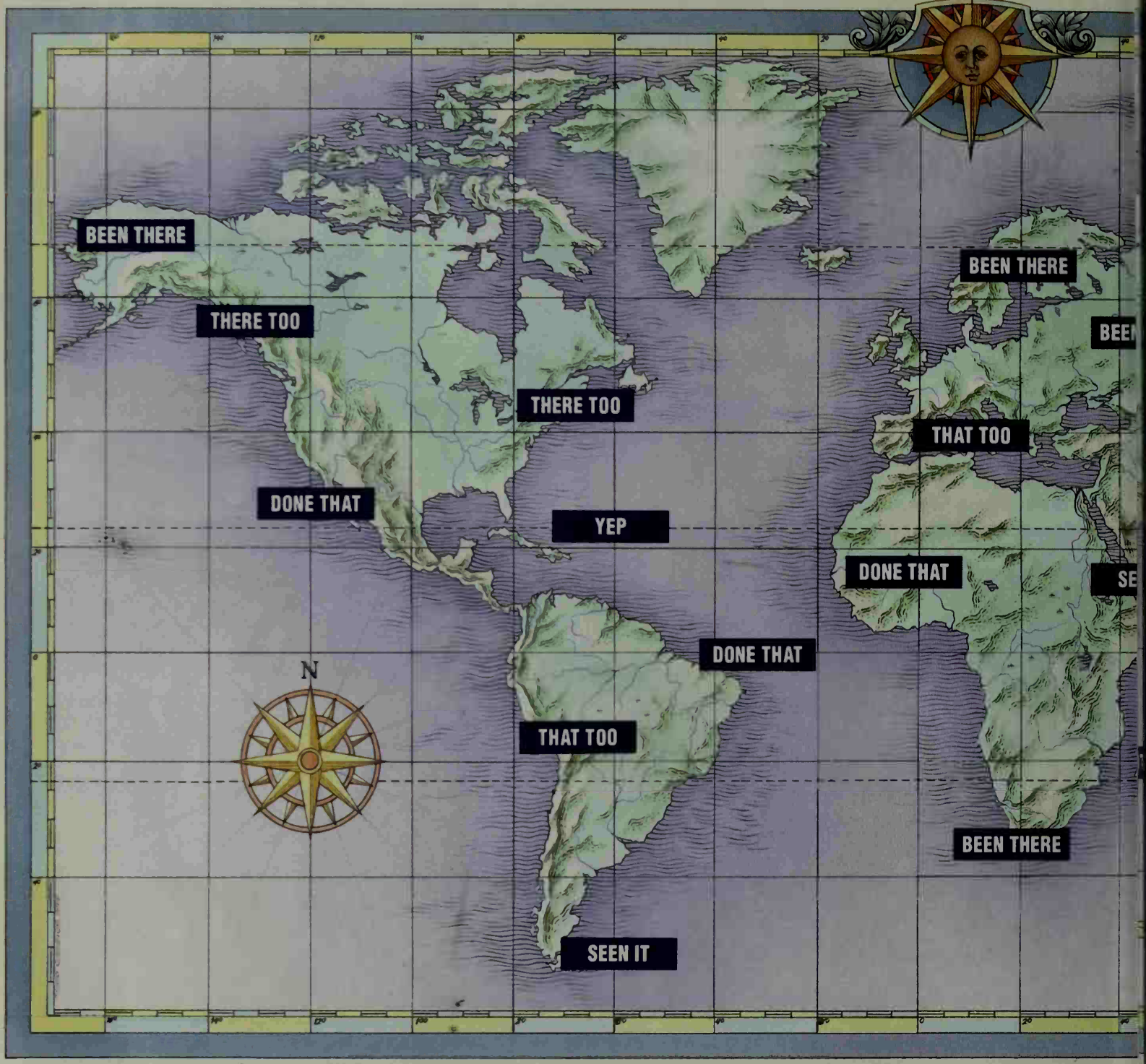

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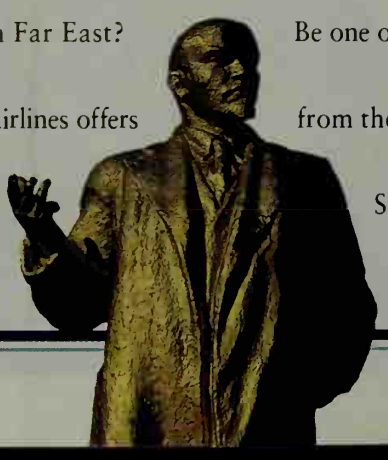

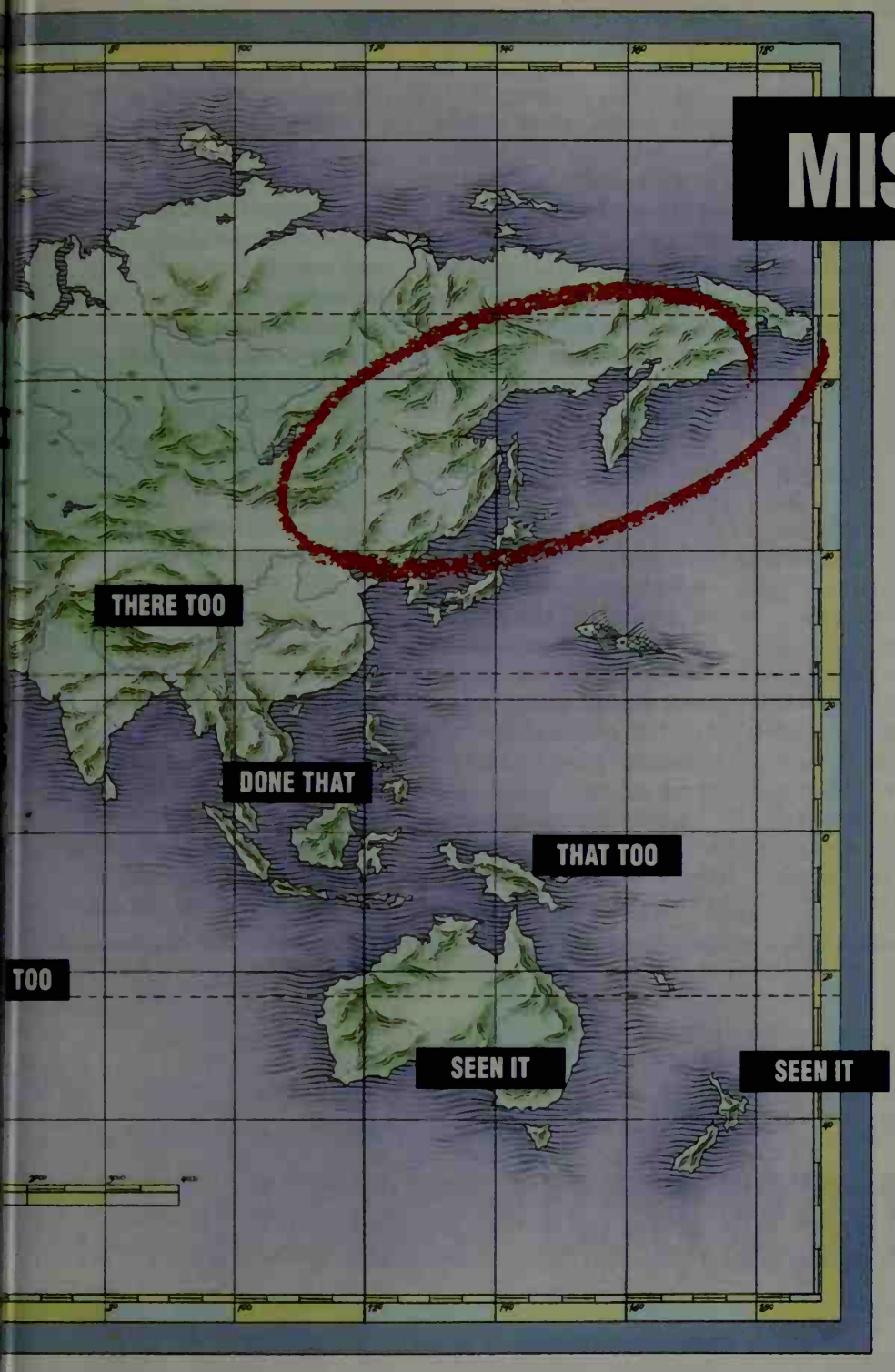

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Now, where were we? Yodeling in the Swiss Alps in '91. And in '93, it all started with that accordion player in Khabarovsk...

Alaska Airlines VACATIONS

ing on the shaft's walls. As the group peers down the timbered hole to the subterranean tunnels dug by these miners, Bachand says, "Sometimes when you're really quiet, you can still hear them tapping."

I love it. Our group, relieved to be out of the sun, listens obediently as the cool, heavy air washes up the shaft. But suddenly, the lights flicker and from down the shaft comes a loud creaking. Next to me, a little boy's eyes get big, and he whispers, "What was that?"

Bachand doesn't say. But later 84-year-old Bob Paine, onetime mayor of Nevada City, tells me (and yes, he's got that smile) that the sound was indeed Tommyknockers. "I used to hear them all the time when I was working near the mines," he says. And when I press him, Paine keeps up his front: "To be honest, the only reason you don't hear much about them anymore is because, with the mines closed, they're all unemployed."

The mine's historic park is open from 10 to 5 daily; admission is $2 for adults and $1 for ages 6 through 12.

SCREAMS IN THE NIGHT

James Marshall, who discovered the first nuggets of gold, would still recognize many of the old buildings edging the meandering streets of Coloma. There is the original post office and a gun shop; John Sutter's lumber mill (it's been replicated); and even Marshall's own cabin, monument, and grave site. (The visitor center at Marshall Gold Discovery State Historic Park is open from 10:30 to 4:30 daily except major holidays; park admission is $5 per car.)

All told, the place is filled with history, which around here often includes reports of ghosts. Mysterious voices in the old Chinese store. Strange lights in Emmanuel Church around Thanksgiving. And all the goings-on (wineglasses inexplicably sliding along the bartop, bumps and screams in the night, "presences" wandering about in period costume) inside the brooding, pale lavender Vineyard House.

"The Vineyard House is a local topic of conversation," says ranger Beilharz. "When we get tired of talking about the weather, we talk about old Mrs. Chalmers." It is these stories about the hotel's first residents that get me curious enough to spend a night there—alone.

Louise Chalmers and her second husband, Robert, built the four-story hostelry in 1878, and it became known throughout the mining camps for its good meals and elaborate festivities. But within a few years, Robert began going insane. Once he was reportedly found lying in an open grave in the cemetery, to see how it fitted; later, he became violent and paranoid. Legend has it he was finally locked in the cellar, where he starved himself to death believing Louise was trying to poison him.

As the B & B's only guest on a recent Sunday night, I have the upstairs rooms to myself. When I climb the stairs at 11, the building is quiet except for the ticking of a clock. Perfect conditions for restless spooks. I proceed down the long hall, enter each room in the dark, sit on the bed . . . and wait.

First is room 1, Louise's bedroom, where honeymooners have complained of strange noises and missing

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Hilton RESORTS

underwear (not so strange, considering). Nothing happens. I look under the bed in room 3, where one patron insists she saw the ghost of a young boy named George who once asked a restaurant patron to mash his carrots. Nothing there. And then room 5, a small, dark, twin-bedded room where screams have reportedly been so loud that guests once called the police to report a murder. I wait in this room the longest, sitting so quietly I can actually hear my heart beating. Nothing.

It is nearing midnight, but before heading to my room (where I would sleep like the dead), I go to the window and look out across the street to the Pioneer Cemetery. As the moonlight glimmers on the pale tombstones, I remember the family walk that got me wondering about ghosts in the first place.

THE LADY IN BURGUNDY?

It was several years ago that my wife, Jill, and two children, 11-year-old Scott and 8-year-old Kate, and I had dinner at the Vineyard House. Because it was such a mild evening, we decided to take a walk into town. We had just started down the hill when Kate noticed the change.

"Dad, I'm cold," she said. "I want my sweater." We stopped and, strangely, it *was* noticeably colder. There seemed to be a mist among the trees, and the crickets, which had been chirping raucously when we left, were suddenly quiet. In fact, the night was deathly still.

"Are we alone?" Jill asked, a little louder than necessary. We looked around. "I feel like someone is following us . . . or watching us."

Up and down the road

Where to stay: a ghosting guide

Innkeepers at these B & Bs don't advertise ghosts, but they all tell of strange occurrences they or their guests have experienced. For more stories, try Nancy Bradley and Vincent Gaddis's *Gold Rush Ghosts* (Borderland Sciences Research Foundation, Garberville, Calif., 1990; $9.95), or Antoinette May's *Haunted Houses of California* (Wide World Publishing/Tetra, San Carlos, Calif., 1990; $9.95).

And whatever you do, *don't look in the closet.*

Red Castle Inn, 109 Prospect Street, Nevada City; (916) 265-5135. Elegant seven-room, barn red Gothic revival Victorian. Five rooms have private baths. Prices run $70 to $110, with buffet breakfast. Guests have reported that the spirit of Laura Jean, gray-frocked governess of long-gone children, tucks them in at night.

Vineyard House, 530 Cold Springs Road, Coloma; (916) 622-2217. Huge seven-bedroom Victorian. Only one room has private bath. Prices range from $80 to $99, including a full breakfast. Restaurant and cellar bar open for dinner from 5 to 8:30 Tuesdays through Sundays through December. See main text for more information.

Sutter Creek Inn, 75 Main Street, Sutter Creek; (209) 267-5606. Comfortable, unostentatious residence built in 1859 has 4 rooms in the original building and 15 cottage-style rooms in the back. All have private baths. Prices run from $50 to $115. Owner Jane Way has seen several ghosts, including the spirit of a state senator, who told her, "I will protect your inn."—*J. P.*

AT PLACES LIKE THESE.

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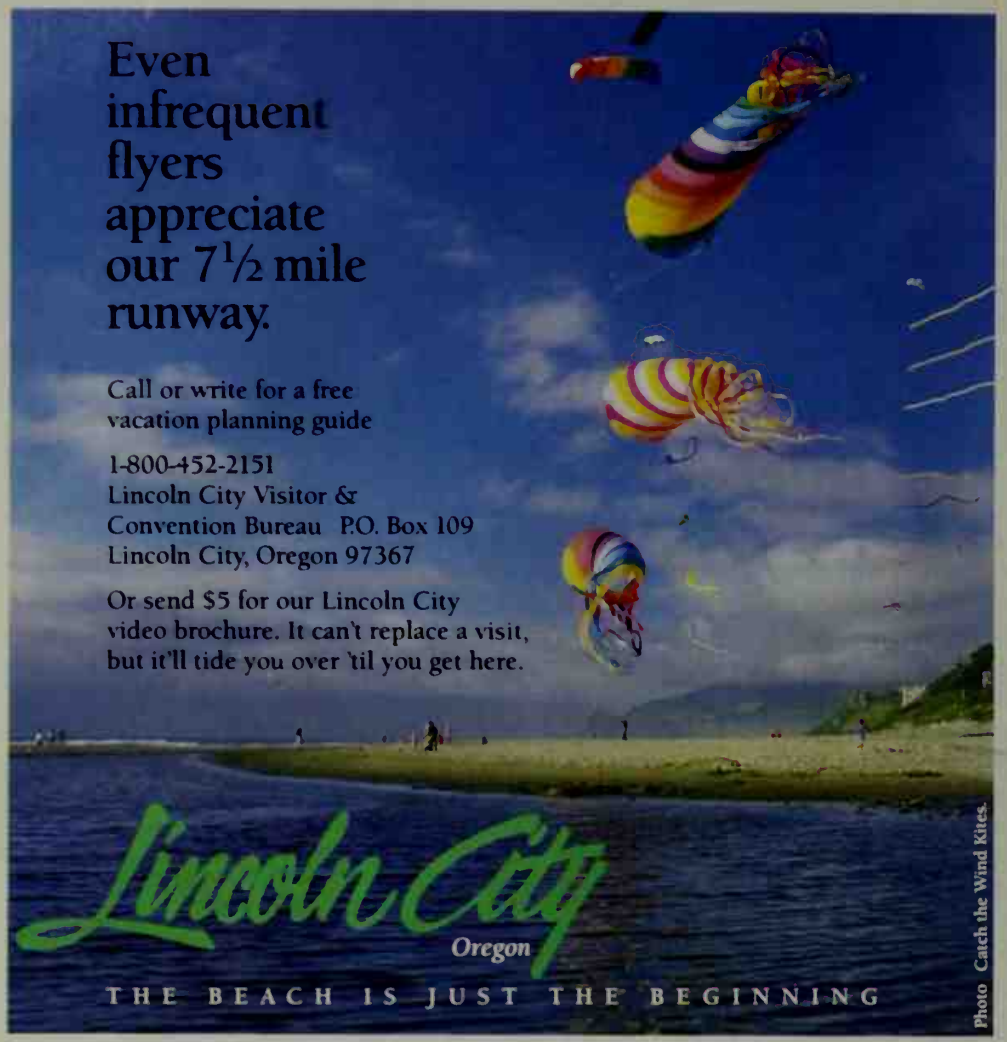
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THE BEACH IS JUST THE BEGINNING
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there were no cars, no other walkers, nothing. It was dark beneath the trees, and on the hillside above us the thin, wraithlike wisps of mist seemed to be collecting among the twisted black trunks. The hair on the back of my neck stood straight on end. Was it some kind of a reflection, or was part of the mist—some vague, almost human shape—faintly glowing?

"What is it?" Jill whispered, as we pushed the children on down the hill. "Is something up there?"

Author Bradley says yes, something was up there, probably the Lady in Burgundy, the image of a woman in a flowing skirt of that color who is often seen near the family tombstone of Charles Schieffer and two of his children. Who is this woman? When Schieffer died at age 42 did he leave a grieving wife? A relative? A mistress?

Park rangers and local volunteers restoring the cemetery can't help. All Bradley knows is that the Lady in Burgundy seems agitated when she appears (she beckons to those who see her), and that across the cemetery is the very modest grave of a woman named Catherine Schieffer, who was born in 1862 (two years before Charles's death) and died in 1916, her life also a complete mystery.

Placerville history buff Davey "Doc" Wiser thinks our wisp of mist could have been Louise Chalmers herself. The bushy-bearded Wiser, a weekend regular at the Vineyard House who often cooks breakfast in red long johns, feels especially close to Louise because they share the same birthday (November 11). After Robert's death, he recounts, Louise's fortunes declined. She was buried in the family's Coloma plot when she died in 1900. Wiser likes to visit her grave on their birthday to toast their respective health, and he cheerily reports that more than once he has felt her presence in the damp, cold autumn air.

What does it all mean? After hearing lots of stories from lots of Gold Country residents, I'm still not sure about any of this, particularly what we saw. Was it Louise, or Ms. Burgundy, or, to paraphrase Ebenezer Scrooge, simply the effects of an undigested piece of beef? Or was it just a weird quirk of weather? When it comes to ghosts, the line between simple truth and a good tale seems pretty thin. All I can really tell you with certainty is that the fun is in the search. Oh, and bring large-grained salt. ■

By Jeff Phillips

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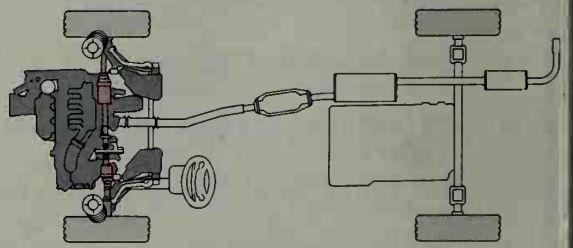

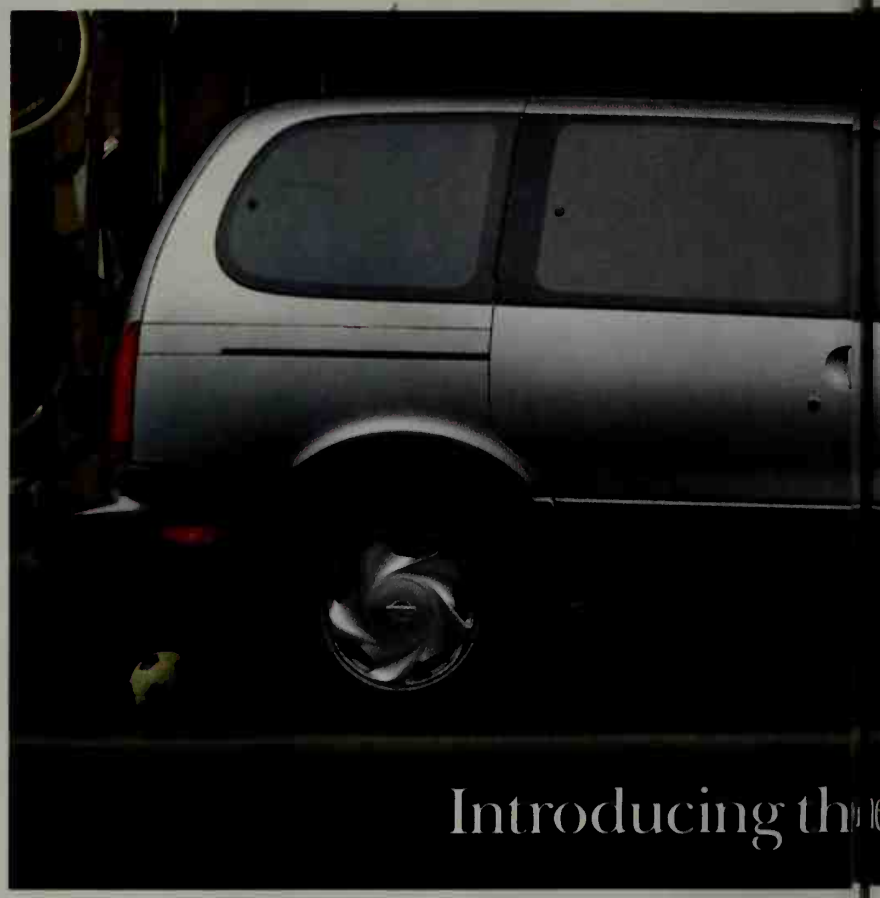

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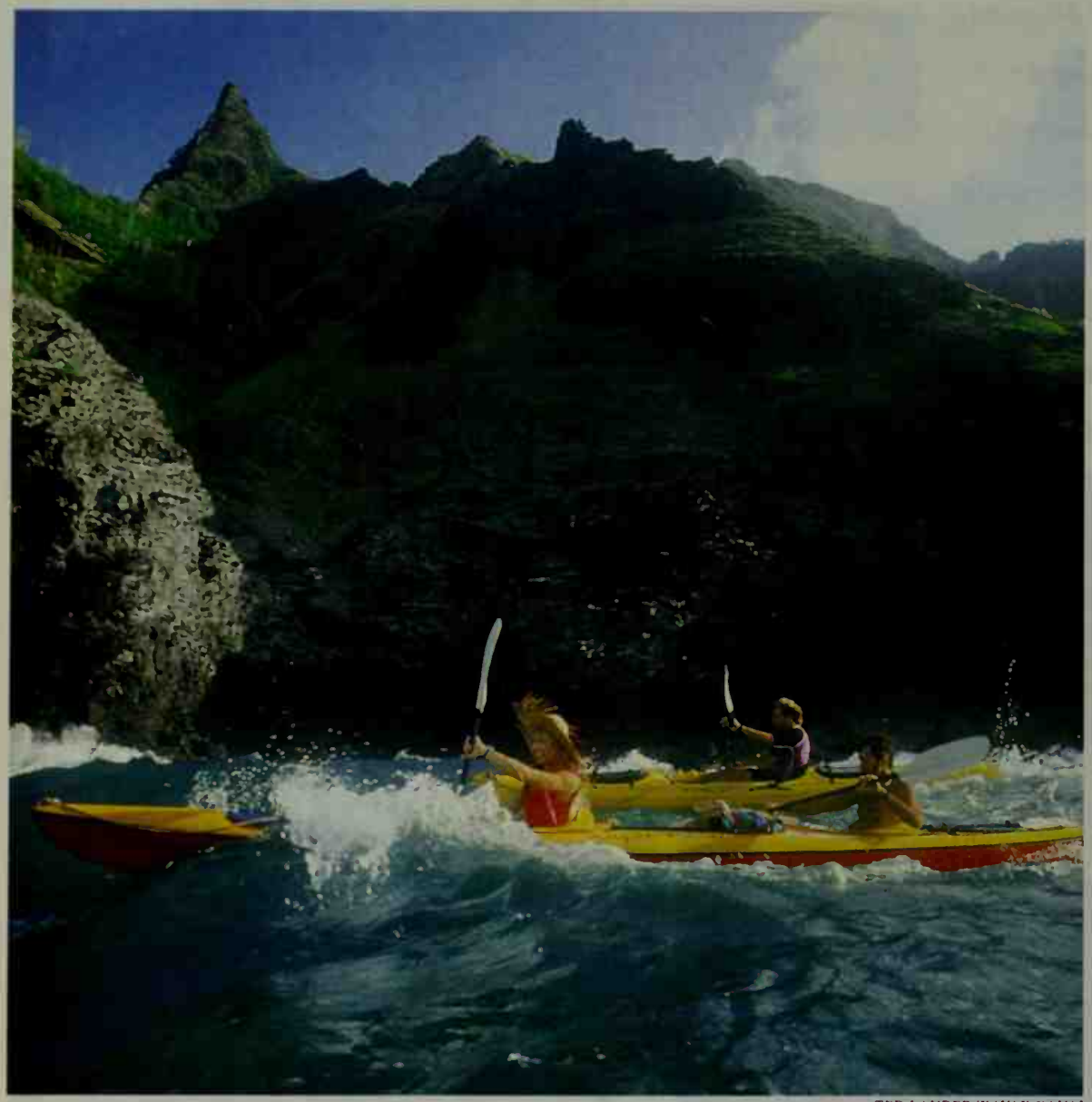
*belts. *1992 model comparison. **Except models with privacy glass. ***GXE model. 'Optional on XE model, standard on GXE. ''Optional on GXE model. ''GXE with optional 2nd-row captain's chairs.*



TED LAUDER/KAYAK KAUAI

SKIMMING THROUGH WAVES, *sea kayakers explore craggy, wave-pounded shore.*

Exploring Hawaii's coast by kayak

Tour outfitters provide the kayaks; you provide the paddle power

THE HAWAIIAN Islands were first discovered by Polynesians piloting canoes, and a tradition of voyages of discovery still lingers here. Maybe that's why it seems so appropriate to see Hawaii from the vantage point of a small craft paddled over the waves.

Over the last few years, sea kayaking has grown in popularity in the Islands; the best-known experience is the ambitious trip along Kauai's Na Pali Coast. A kayak keeps you close to the water, giving you ample opportunity to appreciate the sounds and sights of the ocean.

The outfitters at right (listed by island) all lead guided kayak tours; craft are generally sit-on-tops. Some outfitters also rent a variety of craft to experienced kayakers who want to strike out and explore coastal waters on their own. Ask if a snorkel and mask are included—being able to see the ocean from below as well as above greatly enriches the experience. Unless otherwise noted, area code is 808.

HAWAII

Kona Kai-Yaks, 74-5563 Kaiwi St., Kailua Kona 96740; 326-2922. Two-hour ($40) beginner's tour teaches techniques; customized half- or full-day tours and overnight trips can be arranged.

Ocean Sports Waikoloa, Box 5000, HC02 Kohala Coast 96743; 885-5555, or (800) 835-8538 from the Mainland. Morning 3½-hour tour is geared for novices and combines 2 to 3 miles of paddling along the flat, cove-dotted lava coast ($45, including snorkeling and picnic lunch).

KAUAI

Outfitters Kauai, Box 1149, Poipu Beach 96756; 742-9667. Half-day, mile-long introduction ($48) departs from Kukuiula Harbor, goes past Spouting Horn blowhole, and includes a 2-hour beach stop at scenic Lawai Bay. A longer and more challenging day trip ($115) runs along the wave-pounded wilderness of the Na Pali Coast; experienced kayakers are better able to enjoy the 15 miles (6 hours) of paddling.

Kayak Kauai, Box 508, Hanalei 96714; 826-9844. Basic day trip along the Na Pali Coast costs $115. From October through April, when seas are too rough on this stretch of coast, a day trip from Kalapaki Beach heads around Kauai's southeast corner to Koloa Landing near Poipu Beach ($90).

MAUI

South Pacific Kayaks, 2439 S. Kihei Rd., Kihei 96753; 875-4848, or (800) 776-2326 from the Mainland. South Pacific offers kayak rentals and two guided trips: an easy, 2½-hour introductory paddle in the Makena area ($49), and a 5-hour trip from Maalaea to Papalaua Beach ($69, including lunch).

OAHU

Twogood Kayak Hawaii, 171 Hamakua Dr., Kailua 96734; 262-5656. Rental package costs $56 a day, including lunch, mask, snorkel, and transportation to and from Waikiki. Owner Bob Twogood also started tours of Kailua Bay last May. ■

By Peter Fish, Jeff Phillips

Sail

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We hope the Traveler's impressions delight, enchant and inspire you. You're sure to find what you're looking for somewhere in The Traveler's Journal. Wherever your journey may take you, have an unforgettable cruise.

Ships' Registry: U.S.A.

American Hawaii Cruises

The Pacific: Waking up to a new island every morning on an American Hawaii cruise. Walked the deck at dawn to see the green slopes of Maui looming in the distance. Landed yesterday in Kauai. Ran on isolated pristine beaches that lie below its lofty cliffs. On the Hilo side of Hawaii, I saw cool waterfalls and fiery hot volcanoes. Will snorkel tomorrow off Kona — Hawaii's clear coastal waters. I am lounging beside the pool with a cool mai tai presently, sighting humpback whales off the west coast of Maui. Explored every side of these four unforgettable islands. Discovering parts of Hawaii few visitors ever find.

Celebrity Cruises

Ships' Registry: Liberia, Bahamas

On the Lido Deck: A luxurious new ship, sophistication without stuffiness, endless choices, attentive service from a European-trained staff who know just when to leave me alone. I've found this and more aboard my Celebrity cruise. Sailing in five-star luxury, dining on superb cuisine. This is to be expected, of course, considering that menus are designed by internationally acclaimed Master Chef Michel Roux. New and experienced cruisers are having a wonderful time. On this 11-Night Ultimate Caribbean Cruise, I'm seeing more islands than I might have seen on a regular one-week cruise. Relaxing and cruising the Caribbean Celebrity style.

Club Med® I

Late October: With other privileged passengers, I sail by night, transported to every sun-splashed port of call. This ship has the soul of a yacht. Masts and seven sails tower over passenger decks masterfully handcrafted of Burmese teak. I reflect on the scuba diving and windsurfing I enjoyed this afternoon at the private marina. Sports equipment and instruction are included in the cost of my passage. My 188-square-foot stateroom is large enough to entertain a few friendly guests. Room service will bring champagne at midnight. Tomorrow a lobster picnic will be held on shore. I hear the sky is ochre over Virgin Gorda.

Cunard

Monday, at sunset: I'm aboard the *Queen Elizabeth 2*, the superliner I've seen, heard and read so much about. Heading to England across the Atlantic, enjoying five days and nights of excitement. This Five Plus Star ship is a 13-story City at Sea. Woke with a run, hit the pool, whirlpool, sauna. Unwound at noon with an expert massage. Enjoyed a lavish floor show in the Grand Lounge, danced in a glittering disco, shopped in an arcade of international designer boutiques. Living large and sumptuously on world-class cuisine. With so much to do during days and evenings, this transatlantic crossing may be the best part of my European vacation.

Ships' Registry: Bahamas, Netherlands Antilles

Holland America Line

Tuesday, sunset: I look across the horizon, surrounded by beauty and tradition. A 119-year tradition of world-class service, sumptuous cuisine and glittering entertainment. Of opulently appointed ships, carefree days and a centuries-old Dutch seafaring heritage. All here for me to enjoy, thanks to Holland America Line. I marvel at the warmth of the people and the allure of the many exotic destinations which Holland America Line serves: Grand Cruises to Europe, the Orient and South Pacific. Hawaii and the Panama Canal. And of course, classic 7- and 10-night Caribbean cruises, Alaska cruises and cruisetours. The world, by way of Holland America.

Ships' Registry: Bahamas

Norwegian Cruise Line®

Friday evening: Woke at 6:30 a.m. Went for a swim in the pool. Shot hoops most of the morning. Was in the whirlpool by noon. Blasted a few balls off the deck with a golf pro early this evening. Norwegian, I've been told, is the Official Cruise Line of the NBA and the NFL Players. I may meet a sports star on board. Last night a full-scale Broadway show unfolded before me. The sets and effects were spectacular. I am seated in the dining room, awaiting the Flaming Babalu. Wait a minute, the lights just dimmed. I hear lively Caribbean music. Waiters are shimmying in with flaming desserts on their heads.

Ocean Cruise Lines

Ship's Registry: Bahamas

Off the coast of Brazil: I am cruising South America all winter long on a comprehensive series of cruises created for land lovers. These port-intensive itineraries have taken me to the Galápagos, the Amazon and Carnival in Rio. Meeting many guest lecturers and naturalists who provide special insights about the regions visited. This *Ocean Princess* is an elegant ship, akin to a yacht, yet with all the features, facilities and activities you'd normally find on a floating resort. The superb cuisine has a definite French flair and the wonderful staff is making me feel completely at home.

Premier Cruise Lines

Ships' Registry: Liberia, Bahamas

In the Bahamas: After four days at the Walt Disney World® Resort, I set sail on Premier's Big Red Boat, the Official Cruise Line of Walt Disney World. A ship the World Travel Award Committee honored with the *Grand Prix Mondial du Voyage* award. Met many new friends on board, like the world-famous Disney characters. Round-trip coach airfare, a 7-day car rental, accommodations at the world-famous Walt Disney World Resort, unlimited access to the Magic Kingdom® Park, Epcot® Center, Disney-MGM Studios, plus admission to River Country, Pleasure Island and the Kennedy Space Center are included in the cost of my cruise. This is the ultimate family vacation.

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Ships' Registry: Liberia, Great Britain

Princess Cruises®

Thursday evening: There's certainly warm, gracious, personal service here on the world-famous Love Boat.℠ I've cruised from Hong Kong to Honolulu, Stockholm to Singapore, Monte Carlo to Martinique, Barbados to Bali and Anchorage to Athens aboard Princess' fleet of nine Love Boats. I've become rather spoiled with all the first-class amenities and 24-hour pampering on these elegant ships. Tonight I'll enjoy delectable cuisine and lavish Las Vegas-style entertainment. Later this evening, at a party in my extra-spacious stateroom, I'll serve caviar and champagne to toast a few friends I met at the in-pool bar.

Regency Cruises

Ship's Registry: Bahamas

Crossing the Panama Canal: I've enjoyed warm European-style service on every ship in the Regency fleet. Cabin stewardesses attend to me in a gracious, hospitable manner. I dine on exquisite Continental cuisine prepared by French master chefs. Regency's classic appointments and unusually spacious accommodations enchant me. I've found amenities of more expensive cruise lines at an affordable price. Whisked away on captivating itineraries, I've sailed the route of glaciers in Alaska, explored magical ports in Hawaii, mystical ones in South America and seldom-seen destinations in the Caribbean. I now journey on to French Quebec and Nova Scotia.

Renaissance Cruises®

Registry: Italy

An hour from Mahé: One hundred other guests and I cruise on an intimate Renaissance vessel. Venturing into small ports inaccessible to all but a few select ships. My luxurious outside suite has a lovely marble bath, gorgeous teak floors, a VCR and a queen-size bed. From my windows I've seen the Seychelles, Southeast Asia, India, the Mediterranean, Coastal Europe, the Baltic and the Caribbean. At every port, unique and specially designed shore excursions await me. Fellow guests on board are well traveled, experienced. They expect the best in service and accommodations. It seems they've found it here.

Royal Caribbean®

ships' Registry: Norway, Liberia, Bahamas

Off Grand Cayman: I've seen the western shores of the Caribbean from *Majesty of the Seas*℠, its southern coasts from *Monarch of the Seas*℠ and points east on board their elegant sister ship — *Sovereign of the Seas*®. Took the *Nordic Empress*® to Nassau, Freeport. Dove at Coco Cay. Went north to Alaska to see a misty fjord and a glacier. Played golf in Bermuda. Cruised to Catalina and Baja Mexico on *Viking Serenade*℠. Sailed the Mexican Riviera. I continue my journey in search of European coasts. Sources inform me impeccable service is one reason why Royal Caribbean won more major consumer awards in the last 11 years than any other cruise line.

Ships' Registry: Bahamas

Royal Cruise Line

Mont-Saint-Michel, France: Another glorious day at sea on the elegant *Crown Odyssey.* Relaxing while being pampered by a wonderful Greek crew. Astonished by all that I've seen — in Africa, Beijing, Hong Kong, India, Venice and Rome. Tomorrow another dream comes true — I'll see the City of Lights — Paris. And as for the cuisine, these heart-healthy entrees are terrific. Just one of the thoughtful and innovative guest services and programs that make this cruise line special. The ladies on board get plenty of exercise on the dance floor, thanks to Royal Cruise Line's famed Gentlemen Hosts. Must run to my massage before tonight's Captain's Gala.

Ships' Registry: Bahamas

Royal Viking Line

At day's end: I have experienced the cultures and people of the world on the majestic ships of Royal Viking. Life on board is elegant, tranquil and unregimented. I've dined on exquisite creations prepared by their masterful chefs and sampled the rarest of vintages. From Bali to Singapore, Paris to Oslo, Hong Kong to Monte Carlo, I've been attended to in a most regal manner. Took a six-day safari into Africa. Spotted lions from a careful distance. Walked the Great Wall of China, toured the wine cellars of Bordeaux. Now it's time for tea with new friends to recap the day's events and plan tomorrow's adventures.

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Southern India
CULTURE AND HISTORY

Take in spice markets, tropical gardens, historic palaces and temples, and local arts and crafts on 18-day tours departing through spring. Fly from Singapore to Bombay, then to tropical Goa, and on to Bangalore, Mysore, and Cochin. Spend several days in Madras before returning to Singapore. Land cost is $4,231. Vision Expeditions, 5757 W. Century Blvd., #515, Los Angeles 90045; (800) 423-4488.

Germany, Austria
CHRISTMAS MARKETS

Departing November 27, a 10-day tour focuses on Christmas markets. Browse for toys, crafts, folk art; enjoy seasonal foods in Heidelberg, Rothenburg, Salzburg, and Munich; visit the largest Christmas market, in Nürnberg. Cost, including some meals, is $1,245. Gerhard's Odysseys, Box 757, Portland 97207; (503) 223-2402.

Thailand
FESTIVALS, FOLK ART

A 17-day trip to Thailand departing November 7 combines shopping in craft villages near Chiang Mai, trekking through hill tribe villages, rafting for a day. You'll fly to Phuket and enjoy the beautiful beaches, continue to Bangkok for sightseeing, watch the Surin elephant roundup. Nights are spent in camps, dormitories, and hotels. Cost from Bangkok is $2,684. Breakaway Adventure Travel, 1171 Putnam Ave., Riverside, Conn. 06878; (800) 955-5635 or (203) 637-4920. ■

By Lorraine Reno

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LATEX PAINTS *are applied to parts of tin chandelier by Kyle Streck; brother Mark rubs wood finish of hutch.*

PAINTED TRASTEROS, *including one with parfleche motif (far right) by Richard Earnheart, brighten showroom of Lo Fino. Cedar and woven leather chair is by Ken Wisecup.*

New Mexico's new folk art furniture

Go browsing in Taos, Questa, Santa Fe

DRENCHED IN COLOR, WITH motifs ranging from carved and painted chickens to cactus and bucking broncos, it is moving into homes near and far from its source in northern New Mexico. Highly decorative and often playful, the region's contemporary folk art furniture fits surprisingly well into a variety of architectural styles, which may explain why it seems to be selling like hot tortillas.

New Mexico's artisans have long been known for crafting massive furniture of natural wood. But in recent years, they have been rediscovering and renewing a traditional penchant for vivid color and whimsical design. Local showrooms and galleries often feature the brightly painted works alongside more subdued designs.

Here's an overview of New Mexico's contemporary furniture scene, several of its practicing artisans, and some shops in Taos, Questa, and Santa Fe where you can see their works. Telephone area code is 505.

TAOS: BROWSE FOR TRASTEROS

Mary Shriver, owner of **Country Furnishings of Taos** (534 Paseo del Pueblo Norte; 758-4633), pointed to a checkerboard-painted *trastero,* a tall cupboard or armoire, and stated that such pieces are works of art as well as furniture. On the rustic wooden frames, artists use latex paint, then often tone it down with antique finishes before varnishing. "Some people buy a single piece as an accent," she says. "But we have furnished whole bedrooms—headboards, nightstands, trasteros—and it works very well."

In Shriver's showroom, a 4-foot-high trastero with a carved and painted trout or truck by Pedro Chavez costs $420, while a larger, wardrobe-size trastero painted inside and out by Cynthia Roberts costs $600. Christine Waszak's hot pink *banco,* a straight-line bench, sells for $550. Carved-and-painted tissue boxes cost $39, and mirror frames range in price from $65 to $95. Browsers are welcome from 10 to 5 Mondays through Saturdays and noon to 5 Sundays.

Shriver credits Taos artist Jim Wagner with helping spark the cur-

RENEE LYNN

rent interest in folk designs and color. "Jim began building and painting folk art furniture in the early 1970s," she says. "But the inspiration goes back much further, of course, to Hispanic artisans wanting to cover the knots and imperfections in the wood with green, red, or turquoise paint."

Examples of Wagner's furniture, such as a 5-foot-long sideboard decorated with blue and coral fish ($900) and a 4-foot-high trastero with leaping rabbits ($550), can be seen at the **Clay and Fiber Gallery** (126 W. Plaza Drive; 758-8093).

At **Lo Fino** (201 Paseo del Pueblo Sur; 758-0298), owner Kathy Green shows the work of 30 artisans, more than half of them furniture makers and, of these, several enamored of color. She accepts only finely crafted pieces and enjoys showing examples of expert mortise-and-tenon construction. "It has to be built to last," she says simply. As for color and design, she emphasizes that "this is a tricultural land—the early Hispanics had been in Mexico, the Indians have always used color and stylized motifs, and people from back East brought more ideas."

Color, design, craftsmanship, and attention to detail are evident in the work of artisans such as James and Angela Triche, Roberto Lavadie, Richard Earnheart, Teresa Swayne, and bucking bronco specialist John Thomas. Prices reflect the quality, with nightstands beginning at about $400, trasteros selling for about $2,000, and sofas in the $2,000 to $3,000 range. Custom work accounts for the bulk of Lo Fino's business. Showroom hours are 10 to 5 Mondays through Saturdays.

QUESTA: ARTISANS' COOPERATIVE

About 20 miles north of Taos in Questa, second-generation woodworker Michael M. Vigil is one of some 15 members of **Artesanos de Questa,** an artists' cooperative that was started to buffer job instability at the local mining enterprise.

Adjacent to his workshop beside the post office, a small house serves as showroom for Vigil's finished pieces. A rose- and blue-stained pine *ropero,* or freestanding closet ($1,000), and a weathered barn-board hutch ($800) decorated with orange and yellow stained glass by his wife, DeAnn, show his search for a new style. Appointments to see the Vigils' work can be made by calling them at 586-1258.

For a free brochure listing the co-op's artists and their telephone numbers, write to Artesanos de Questa, Box 462, Questa, N.M. 87556.

SANTA FE: VISIT THE STRECKS

In Santa Fe, examples of contemporary folk art furniture can be found in numerous shops and galleries, but its creative aspect is particularly evident in the work of the Streck family. Their work runs from antiqued reproductions of old New Mexican furniture to innovative new pieces with painted- or punched-tin decoration.

After years in New England, the parents, Clem and Pat, and their eight talented children have adapted to New Mexico with enthusiasm and energy. Clem, who has a background in design, runs the gallery with Pat, and helps where needed in the nearby workshop. Youngest son Kyle, 21, does most of the tinwork, while brothers Mark and Jim tend to the woodwork. Painted-tin chandeliers ($400 to $950) have proved to be popular innovations, while reproductions of old-style beds in queen-size frames (about $2,000) and various custom tables and cabinets keep them busy.

To achieve the distinctive look of his tinwork, Kyle first sketches a design onto the tin with a pencil, then places the sheet on a rubber mat and punches in the lines, dots, and curves, one hammer stroke at a time. A chemical wash gives the tin an aged look, or it is painted. "After painting," he says, "we bring down the color with antique finishes."

The **Streck Family gallery** (541 W. Cordova Road; 986-1201) contains a variety of styles in new and restored furnishings. Hours are 9 to 5 Mondays through Saturdays. Visitors may also visit the workshop (805-D Early Street; 984-8265). Custom orders are welcome. ■

By Jeanie Puleston Fleming

BUCKING BRONCO *and rider decorate 3-foot-high trastero by John Thomas. Inside are two shelves.*

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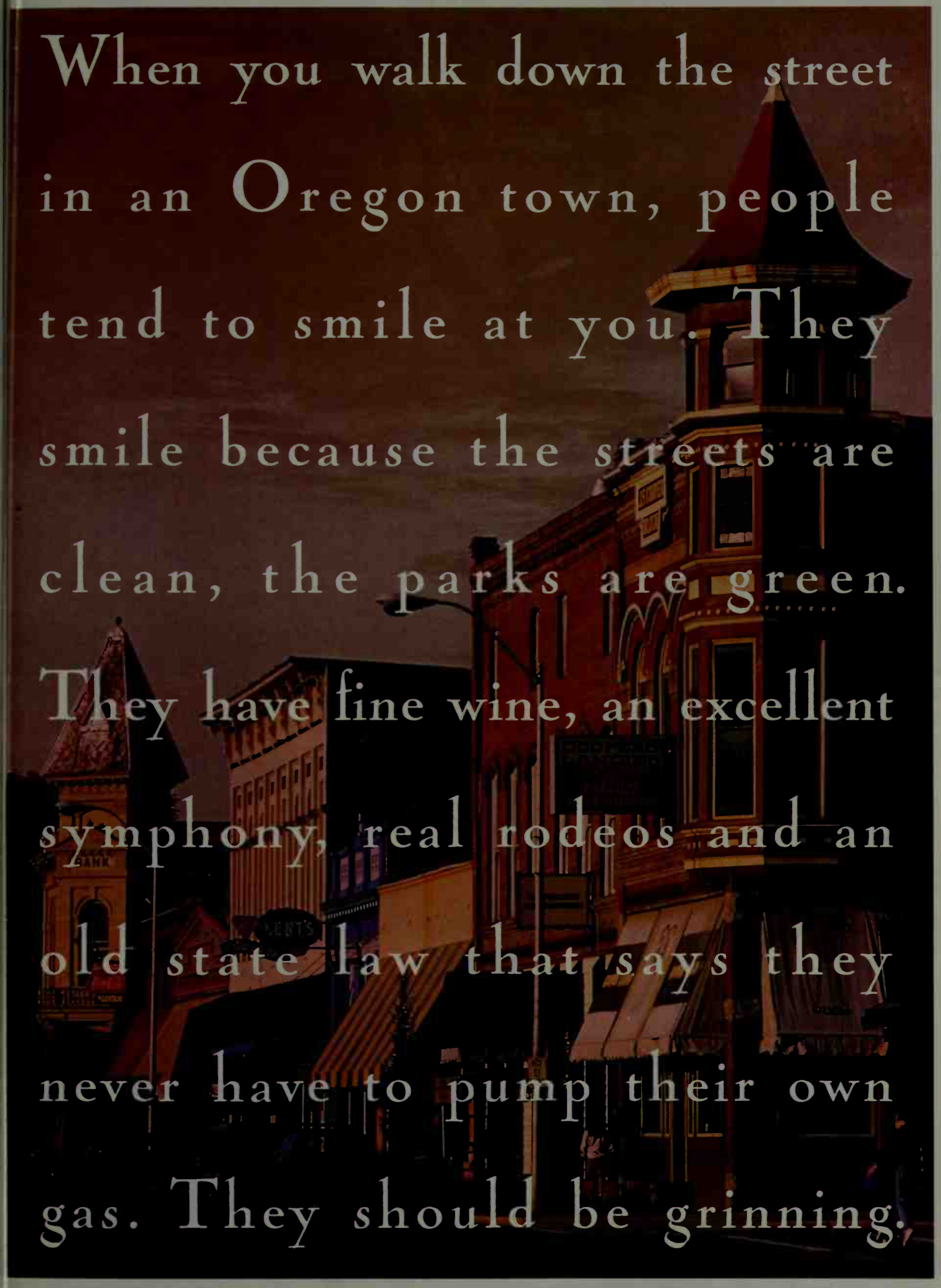
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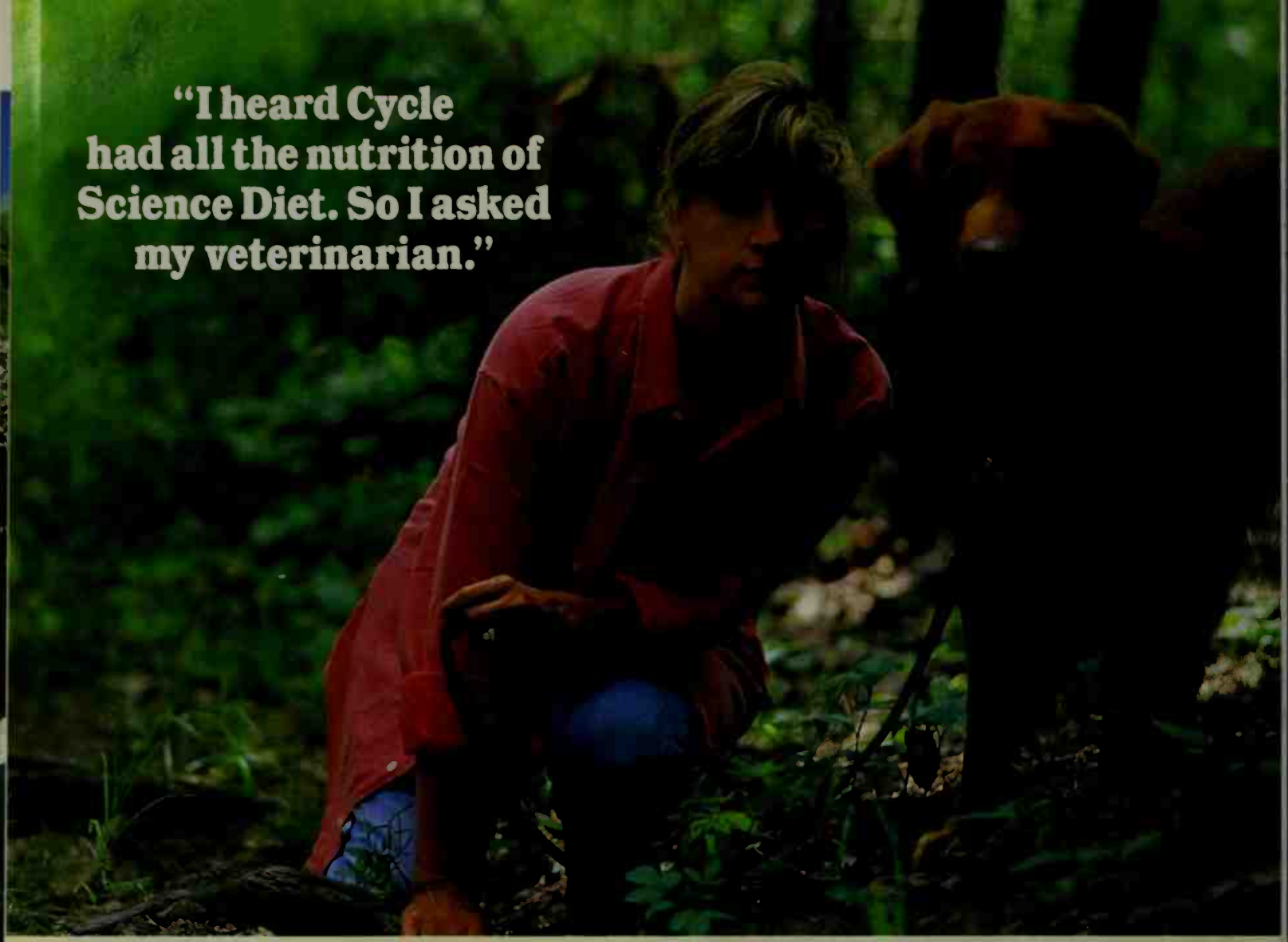

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New colors of salvia to plant now

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Sweet onions for mild coastal climates

Landscape tricks with wildflowers

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October checklist

MICHAEL LANDIS

Pumpkin patch payoff time

GATHERING HOMEGROWN PUMPKINS FROM THE PUMPKIN PATCH IS AN October highlight in this vegetable garden in St. Helena, California. Joshua and Latisha Landis show off 'Atlantic Giant', while Malia hugs smaller, dark orange 'Rouge d'Étampes'. In front (left to right) are 'Small Sugar', 'Blue Hubbard' squash, and 'Jack O'Lantern'. In mild climates, Halloween doesn't signal the end of the gardening season; this is the time to set out any plant that's not frost-tender. At high elevations, gardening should be winding down now.

Sunset's

GARDEN GUIDE

CLAIRE CURRAN

LONG-BLOOMING *Salvia greggii shows off salmon blooms against smooth stones in this water-conserving garden.*

New color choices for a popular salvia

Now that *Salvia greggii* has been around for a few years, many gardeners have discovered its attractive compact shape and spiky flower clusters. What might not be familiar is the range of new flower colors that are finding their way into nurseries. The most familiar color is a bright magenta. Recent selections include burgundy, red, rose pink, salmon (shown at right), and white.

S. greggii forms a low to medium-size (2- to 4-foot-tall) spreading shrub with small (½- to 1-inch-long) green leaves. The 1-inch blossoms develop on spikes from late spring through summer.

Although *S. greggii* tolerates some shade, it looks best when planted in full sun. Near the coast, it's drought tolerant once established. Inland, give it occasional deep watering. To encourage rebloom through the summer, trim off spent flower stalks when they start to look rangy.

Plants in gallon cans cost $5 to $7. If you can't find a good selection of this salvia, ask your nursery to order it from Monterey Bay Nursery or Suncrest Nursery, both in Watsonville, California (these are wholesale nurseries only; *do not call them directly*).

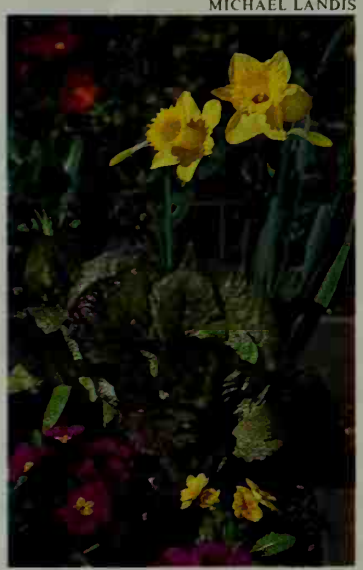
Add some flowers to your vegetable bed

Vegetable gardens often have a workhorse look to them. This fall, you can transform them from serviceable to colorful by adding just a few touches of seasonal color, as shown at right.

In Addie DuPuis Farrell's raised beds in Napa, California, crops such as lettuce, cauliflower, and broccoli mingle with bright yellow daffodils, blue and pink hyacinths, Oriental poppies, pansies, primroses, and sweet alyssum.

You can also add character to your garden by edging it with colorful lettuce varieties. Some good-looking choices include highly ruffled loose-leafs ('Lollo Rosso', 'Red Sails'), wavy-leafed butterheads in burgundy and green ('Juliet', 'Sangria', 'Rougette du Midi'), crisp and crinkly batavians ('Kristia', 'Rouge Grenobloise'), and broad-leafed red and green romaines with juicy ribs ('Rosalita', 'Rouge d'Hiver').

MICHAEL LANDIS



COLORFUL DAFFODILS *and primroses combine with lettuce in raised bed.*

Sweet onions for fall planting

"You can eat them like apples," some fans of super-sweet onions insist. Whether or not you agree, these onions—Vidalia from Georgia, Maui from Hawaii, and 'Walla Walla Sweet' from Washington—have become popular in recent years for their pleasingly mild taste.

If you want to grow your own mild onions, here are some facts you should know.

Vidalia and Maui onions are short-day varieties (planted in fall and harvested in spring) that were developed in Texas and are adapted to the Southwest. In Northern California, they're more difficult, although not impossible, to grow; if they're planted too early or too late, you won't get a good crop.

'Walla Walla Sweet' onions are grown in fall and spring in the Pacific Northwest. However, gardeners near the coast in Northern California get a good crop when they plant in fall; inland, they're more difficult, but again not impossible, to grow.

Another group, medium-day onions, is best for Central and Northern California. Like short-day types, these are planted in fall. Four mild ones to try are 'Early Red Burger', 'Stockton Early Red', 'Stockton Red', and 'Stockton Yellow'.

Seed may be difficult to find in nurseries, but you can order from two sources: Lockhart Seeds, Box 1361, Stockton, Calif. 95201, (209) 466-4401 (sells all four medium-day-types and 'Walla Walla Sweet'; minimum order $10); and Territorial Seed Company, Box 157, Cottage Grove, Ore. 97424, (503) 942-9547 (sells 'Walla Walla Sweet' and 'Stockton Early Red'). Catalogs are free.

Staging a spectacular show with wildflowers

The secret to a spectacular wildflower show lies more in careful planning than in fortuitous accident.

Horticulturist Cesar Mazier used the following technique last October for a two-tiered border that bloomed in spring. "I sowed wildflowers individually—a single variety in each of two rows," he explains. "I planted seeds of the background flowers on raised mounds of soil to make them rise more dramatically behind the front ones."

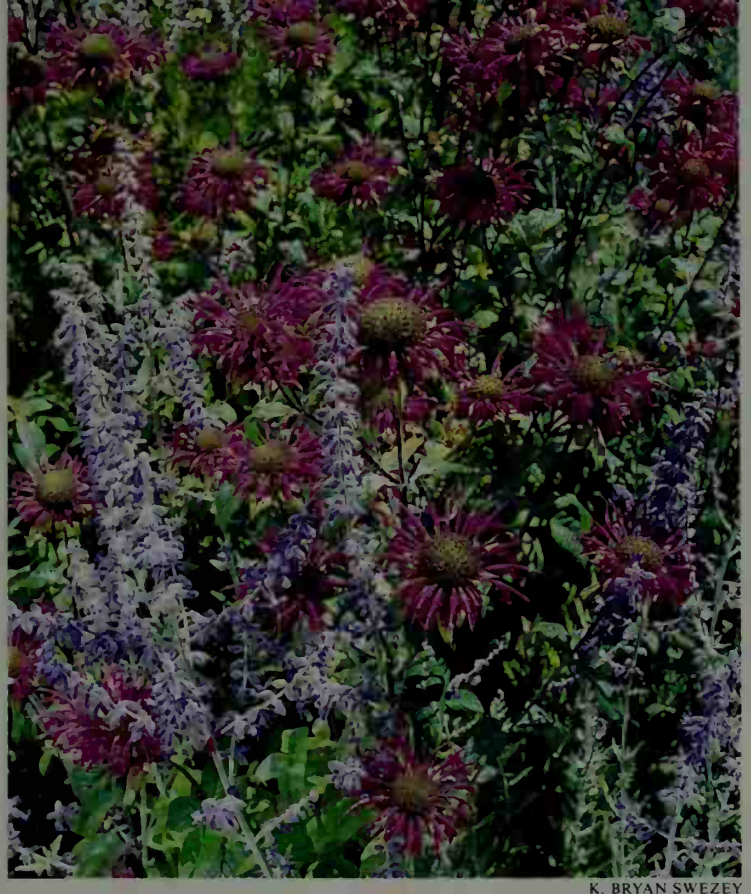
Mazier put penstemons in the back row and golden-flowered brittlebush in front;

Northern California gardeners could substitute blue bachelor's button or scarlet flax (*Linum grandiflorum*) and California poppies.

To prepare the planting bed, mix equal amounts of sand and compost into soil, then make 1½-foot-high mounds where you want the tallest flowers to grow. Cover the area with a 2-inch layer of decomposed granite, spreading it evenly with a rake. Scatter seed of taller-growing wildflowers atop the mound, and seeds of a lower grower that blooms at the same time—in a contrasting color—in front. Lightly rake again to settle the seeds into the granite.

Water often enough to keep soil moist until seeds germinate, then frequently until seedlings are at least 2 inches tall.

Several seed companies sell wildflowers by variety; one Northern California mail-order source is Clyde Robin Seed Co., Box 2366, Castro Valley 94546 (free catalog).



K. BRYAN SWEZEY

PINK, DAISYLIKE *blooms of Oswego tea mingle with Russian sage in landscape designer Maile Arnold's Sebastopol garden. They're hummingbird favorites.*

A new version of nontoxic BT

For ridding vegetables and ornamentals of caterpillars without using toxic pesticides, *Bacillus thuringiensis* (BT) is the best weapon. BT's major drawback is that it loses its effectiveness rapidly once it is applied to plants. It breaks down rapidly in heat and light, protecting plants only for two days or so.

Now a new formulation called MVP is available that lasts four to eight days. The microbial insecticide is encapsulated to keep it from deteriorating in rain and sun.

This new BT is available in pints ($16.95) and quarts ($26.95). Though it's more expensive than the standard kind, it's highly concentrated (only 1½ to 3 ounces per gallon of water) and doesn't need to be applied as often.

You can order it from Gardens Alive, 5100 Schenley Place, Lawrenceburg, Ind. 47025, (812) 537-8650 (shipping is extra).

To avoid killing butterfly caterpillars, spray only those crops (like cabbage) that show damage.

A flower with leaves for a drink

After the Boston Tea Party in 1773, what did the colonies use for a ritual drink? Oswego tea, otherwise known as bee balm (*Monarda didyma*).

This tough perennial has mintlike foliage with a hint of basil that can be dried for tea; it grows in bushy clumps 2 to 3½ feet tall. Today, most gardeners grow Oswego tea for its large (2- to 3-inch-wide) summer flowers—in maroon, pink, scarlet, violet, or white.

The flowers are also edible; one of the tastiest varieties is 'Mahogany', with spicy-sweet flowers; this variety is also mildew resistant. Other attractive hybrids include 'Blue Stocking' (shown above), 'Cambridge Scarlet', 'Croftway Pink', and 'Snow White'.

Fall is a good time to plant Oswego tea so plants will be well established before bloom time next year. Plant in full sun on the coast or in afternoon shade inland; water regularly.

If you can't find plants, you can order from *Mountain Valley Growers,* 38325 Pepperweed Rd., Squaw Valley, Calif. 93675, (209) 338-2775 (sells five kinds; free catalog); or *Foothill Cottage Gardens,* 13925 Sontag Road, Grass Valley, Calif. 95945, (916) 272-4362 (sells three kinds; catalog $3).

Garden-to-table manual for herb lovers

A new book for gardener-cooks features 20 of the most-used herbs. *Herbs in the Kitchen: A Celebration of Flavor,* by Carolyn Dille and Susan Belsinger (Interweave Press, Loveland, Colo., 1992; $24.95), includes more than 200 recipes with enticing names like Thai-Cambodian Chicken with Basil and Dilled Ricotta Torte.

It also gives information on how to grow herbs and when to harvest them. Cooks will appreciate the useful chart that describes the flavor and aroma of each herb, how to combine herbs, and how to use them fresh and in cooked dishes.

Look for the 336-page hardbound book in bookstores, or order from the publisher. For ordering information, call (303) 669-7672.

By Lauren Bonar Swezey

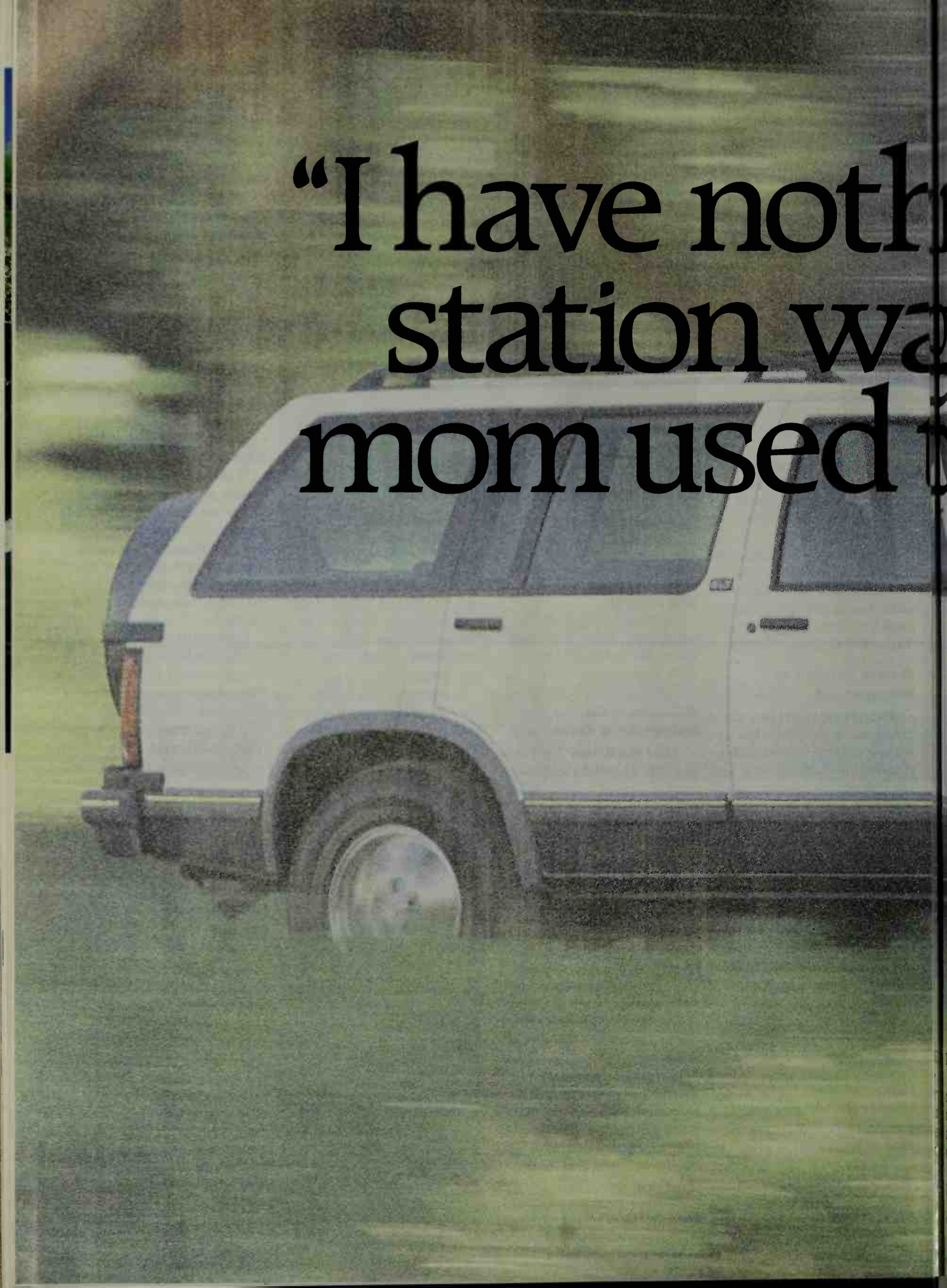
(Continued on page 64)

DARROW M. WATT

PUMPKIN ART . . . how do you carve yours?

Goblins, step aside: Halloween pumpkin carving is becoming a fine art. Faces and designs of astonishing complexity are now embellishing October's most notorious squash. If you think your own pumpkins classify as fine art, we'd like to hear from you by October 20 for possible inclusion in an article to be photographed this Halloween.

Please send snapshots of your best pumpkins and tell us why you think they are special or unique. Include a short explanation of your technique, along with your name, telephone number, and address (let us know if you want the snapshots returned). Send them to Pumpkin Art, *Sunset Magazine,* 80 Willow Rd., Menlo Park, Calif. 94025.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Sunset's

GARDEN GUIDE

IN HIGH ELEVATIONS and intermountain areas of California, and east of the Sierra, see items marked with an **H**.

IN LOW ELEVATIONS of Northern California, see items marked with an **L**.

October Checklist

HERE IS WHAT NEEDS DOING

☐ **CARE FOR PERENNIALS. L:** Cut back old straggly plants almost to the ground. Work compost or soil conditioner into any bare spots. Divide and replant plants that are crowded and not performing well. **H:** After the first hard freeze, cut back perennials to about 2 inches above the ground, then mulch.

☐ **CLEAN UP DEBRIS. H, L:** To reduce sites that shelter insects and diseases over the winter, pull weeds, spent annuals, and vegetables. Pick up all fruit and fruit tree leaves on the ground. Compost only pest-free plant debris. Take other material to your city's compost collection site, or toss.

☐ **FLUSH DRIP SYSTEMS. H:** Before soil freezes, flush drip-irrigation systems to prevent mineral buildup and cracked tubing. Remove end caps from main lines, turn the water on for a few minutes, then shut it off. Make sure all the water has drained out, then replace the end caps. Ooze-type systems will last longer if drained and stored over the winter in a garage or basement.

☐ **MARK BULBS, SEEDED AREAS, PLANTS. H, L:** This time of year, if you plant any nonwoody plant that dies down in winter, mark its position either with a weatherproof tag or on a map of your garden. Otherwise, you may cut into it or dig it up as you plant new things in spring.

☐ **MULCH FOR WINTER. H:** After a good freeze, spread 2 to 3 inches of compost, straw, or other organic matter to protect bulbs, perennial vegetables, permanent plants, and strawberry beds. Mulch conserves soil moisture and helps minimize freezing and thawing of soil, which can heave plants out of the ground. Exposed plants can dry out and die.

☐ **ORDER BARE-ROOT GRAPES, FRUIT TREES, BERRIES. H, L:** If you plan to buy special varieties of fruits by mail, get your order in soon, so you're sure to get the types you want and so they'll arrive in time for dormant-season planting.

☐ **PLANT ANNUALS. L:** For winter through spring bloom, plant cool-season annuals now. The sooner you get them in the ground, the faster they get established and start blooming. Planted too late, they may just sit until spring. Choices include calendula, pansies, Iceland poppies, primroses, snapdragons, stock, and violas. In coastal areas, you can also plant calceolaria, cineraria, nemesia, and schizanthus. From seed, try baby blue eyes, forget-me-nots, sweet alyssum, sweet peas, and spring wildflowers.

☐ **PLANT BULBS IN CONTAINERS. L:** Set bulbs closely on a base of potting soil so their tops are about 4 inches below the pot rim (see above). A 16-inch flared pot will hold 40 to 50 tulips, daffodils, or hyacinths. Cover with soil, leaving about 2 inches at the top for watering space. Set in a cool, shady area, wet the soil, and mound with wood shavings; dampen shavings. Move pots into full sun when leaves develop. Flowers appear about four months after planting.

☐ **PLANT FOR PERMANENCE. L:** This is one of the best months for setting out any kind of plant that's not frost-tender. Ground covers, shrubs, trees, and flowers all benefit from fall planting: they get off to a fast start in still-warm soil and then have the cool months ahead to develop a healthy root system. Before buying plants, learn their ultimate height and spread. Allow plenty of room to grow, so you don't have to prune to keep them in bounds.

☐ **PLANT GROUND COVERS. L:** Nurseries have plenty of the old favorites—ajuga, ceanothus, cotoneaster, hypericum, ivy, Japanese spurge, juniper, manzanita, and snow-in-summer. Some newer drought-tolerant ones to try are 'Red Apple' aptenia, *Asteriscus maritimus*, and *Teucrium cossonii* (also sold as *T. majoricum*).

☐ **PLANT PERENNIALS. L:** Plant early bloomers such as campanulas, candytuft, columbine, coral bells, delphinium, and foxglove, and later bloomers such as gaura and yarrow.

☐ **PLANT SHRUBS. L:** Score each rootball to loosen roots. Dig a planting hole no deeper than the rootball, and about twice as wide. Half-fill the hole with soil, tamp with the shovel handle (as shown at right), and soak well. Fill the hole with soil and tamp with your foot; soak soil thoroughly.

☐ **PLANT VEGETABLES. L:** By October, it's too late in most areas to set out crops like broccoli, cabbage, and cauliflower that need a long time to mature. But there's still time to plant onions, radishes, spinach, and turnips. In warm inland areas (*Sunset* zones 7, 8, and 9), peas can still go into the ground.

☐ **WAIT TO PRUNE. H, L:** Fall is not a good time to prune. Wounds heal slowly, leaving them more susceptible to disease. As a general rule, don't prune when leaves are falling or forming. Wait to prune most trees until late in the dormant season or in late spring after leaves and needles form. To avoid sap flow on birches and maples, prune after leaves mature.

☐ **WATER. L:** If winter rains don't come on schedule this month or if they are infrequent, keep watering even if the weather gets cold (check soil moisture with a trowel). Cold, dry winds take moisture out of already-dry leaves, and roots can't replace it from dry or frozen soil (many plants that died in the severe 1990 freeze actually died of dehydration since rains had been almost nonexistent that fall). **H:** Before the ground freezes, make sure the soil is moist around plants.—*L. S.* ■

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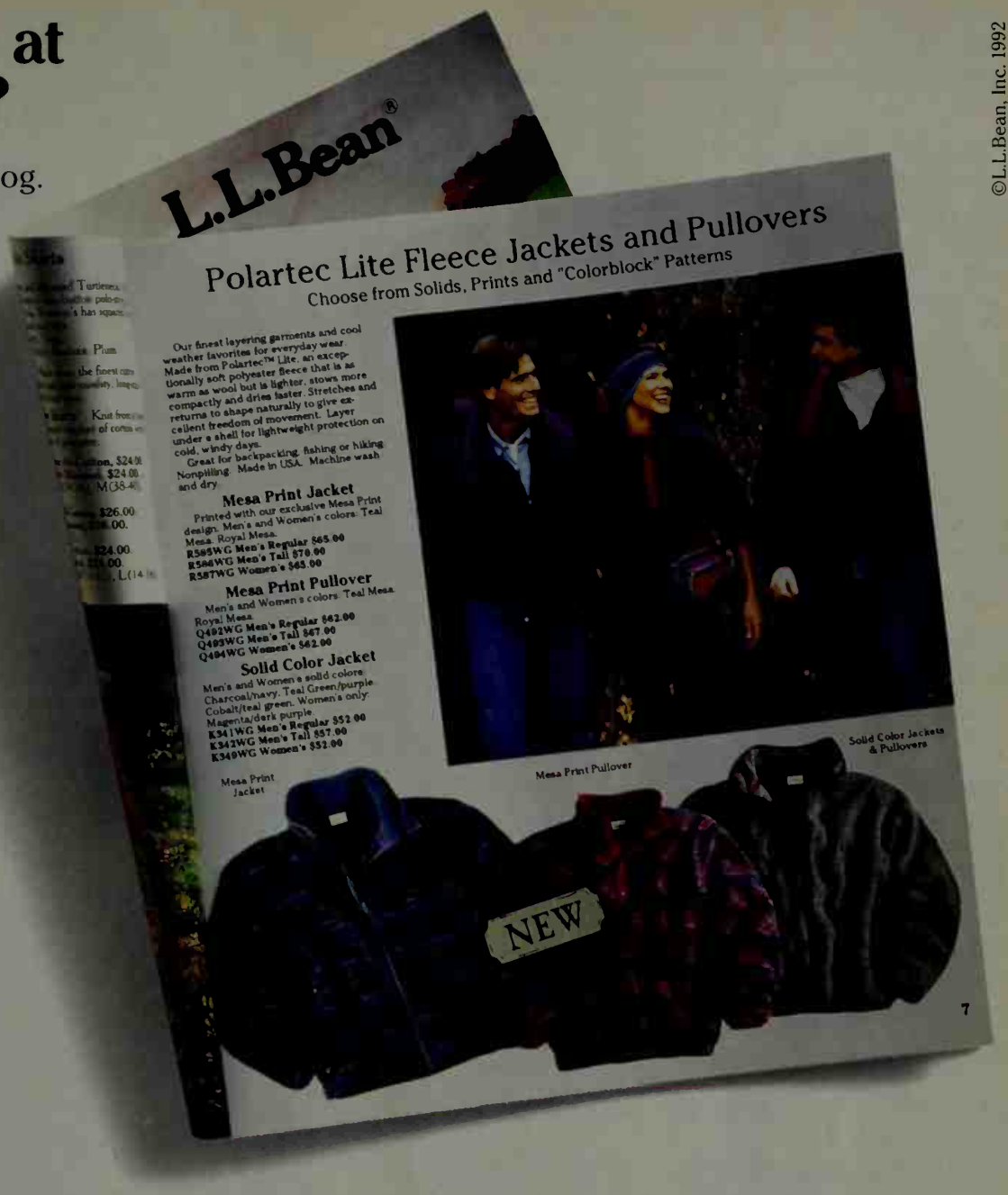
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Bulbs and friends

THEY BLOOM TOGETHER AT FILOLI ESTATE NEAR SAN FRANCISCO. AND THEY YIELD PLANTING IDEAS YOU CAN USE NOW

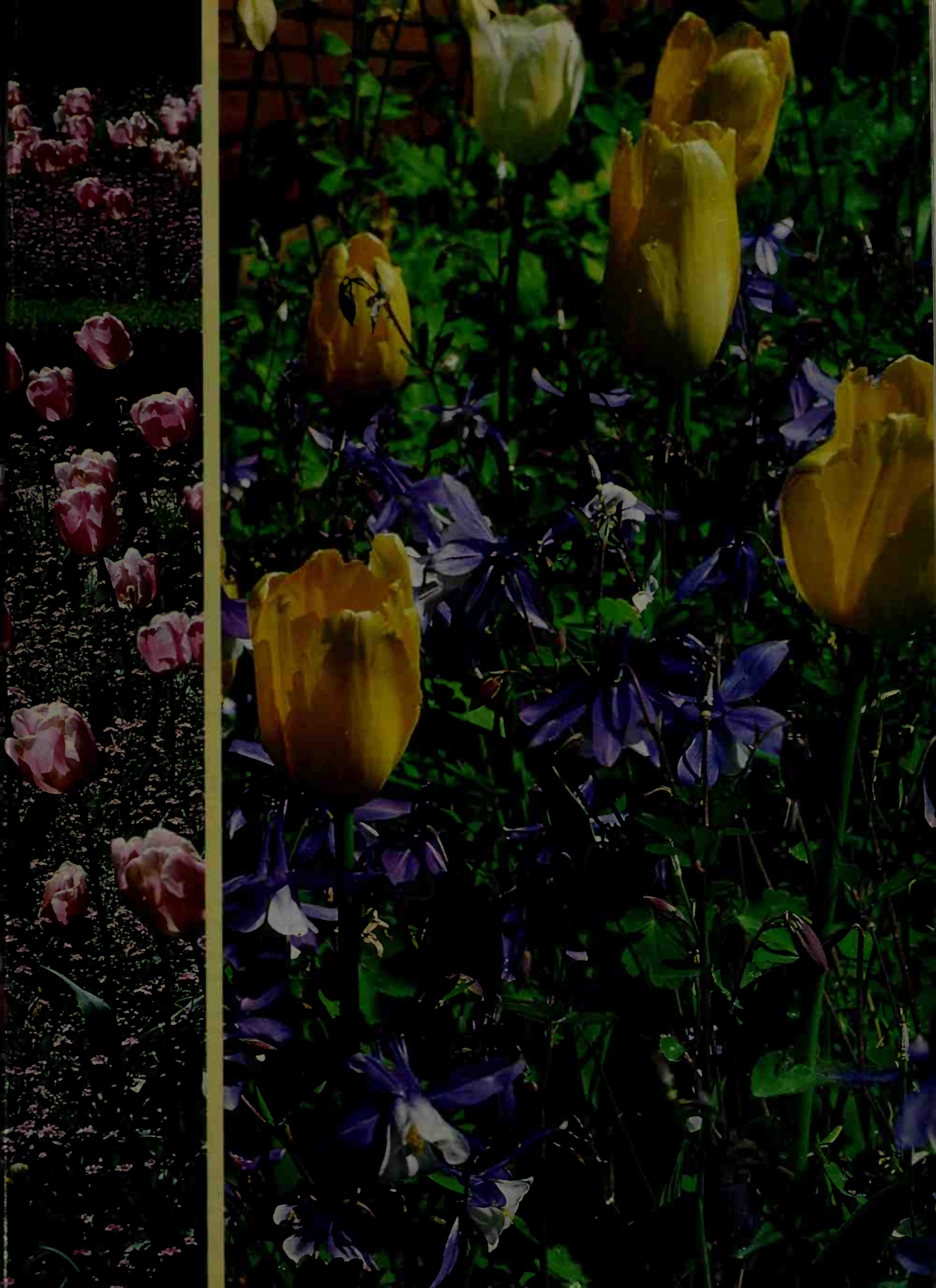
Each spring, the gardens at Filoli estate in Woodside, California, shimmer with artfully combined bulbs and bedding plants in brilliant jewel colors. Garnet red tulips nod above sapphire blue violas. Topaz yellow tulips punctuate a wide border of amethyst-colored violas. It's a palette of plants that celebrates the season and invites lingering looks. The

NORMAN A. PLATE

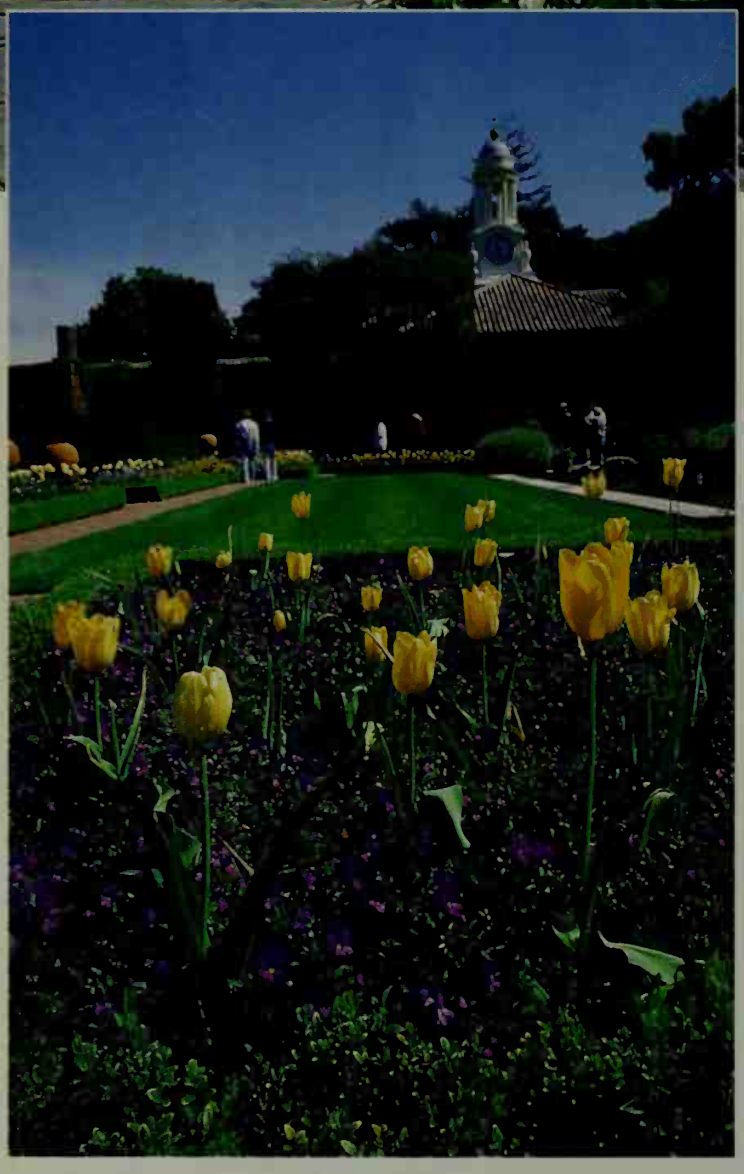
TAPESTRY *of bulbs fills courtyard at Filoli estate (left).*

SHIMMERING *in morning sun, 'Pink Diamond' tulips nod above sea of 'Carmine King' forget-me-nots.*

DAZZLING *yellow 'Mrs. John T. Scheepers' tulip mingles with 'Blue Bunting' columbine.*



EDGING *a garden path, clusters of 'Pink Diamond' tulips alternate with 'White Perfection' violas.*



PLANTED SINGLY *in a diamond pattern, 'Mrs. John T. Scheepers' tulips create bright exclamation points above 'Blue Perfection' violas.*

show begins in early February and continues in waves of color into late April. For maximum color punch, bulbs and bedding plants bloom simultaneously; bedding plants carry on the show.

Now is the time to plan and plant your own spring bulb show. Or you can enjoy the show at Filoli next spring (garden superintendent Lucy Tolmach, who designed the plantings on these pages, plants bulbs and bedding plants in successive groupings from October through mid-November).

SECRET OF SUCCESS? CHOOSE PLANTS WELL

Tolmach prefers bedding plants in monochromatic schemes. She enjoys bold color contrasts, such as bright yellow tulips with deep violet violas, and subtle pastels, like frosty pink tulips with white forget-me-nots.

She takes her design cue from the bloom time of permanent plants that grow near the planting beds, choosing a palette of pinks to complement a lavender-blue wisteria, as shown top left on the facing page, for example, or of blues and yellows to echo a bright yellow 'Sunburst' honey locust.

"Pay attention to the plants' heights when teaming them," Tolmach advises. Columbine, for example, reaches 15 to 18 inches tall and looks

BORDER *of 'Angelique' tulips and 'Tall White Bouquet' forget-me-nots visually flows toward blooming wisteria.*

NORMAN A. PLATE

LIVING BOUQUET *in a patio pot uses the same plants as at left: 'Angelique' tulips underplanted with white forget-me-nots.*

best with a tall tulip such as 'Sweet Harmony'. Also take the site's exposure (sun or shade) into account.

For more ideas, see chart at right.

MAKE A PLAN, AMEND THE SOIL

Before planting, Tolmach draws a rough plan on graph paper. Beds are amended with compost, then controlled-release high-nitrogen fertilizer is added.

Bulbs are planted at a depth recommended in a grower's guide (gardeners mark planting spots in soil with a rake handle first). Unless planted in clumps for a particular effect, tulips and hyacinths are spaced 6 to 10 inches apart and large daffodils 12 inches apart, with bedding plants set 8 to 12 inches apart between them. (Gardeners use bedding plants from jumbo packs rather than small seedlings, which will not make enough growth to flower with early bulbs.)

Plants are watered at planting time and regularly—when rains are infrequent—through flowering. Starting a month after planting, they get a monthly supplemental feeding with a granular fertilizer.

TO VISIT FILOLI IN SPRING

Starting in mid-February, docent-led garden tours ($8 per person) are offered Tuesdays, Wednesdays, Thursdays, and Saturdays. For reservations, call (415) 364-2880, or write to Friends of Filoli Center, Cañada Rd., Woodside 94062. ■

By Emely Lincowski

FILOLI FAVORITES: BULB, BEDDING PLANT COMPANIONS

February-March

Daffodils

'Golden Harvest' (yellow) or 'Pink Charm' (pink), with white wall rockcress (*Arabis caucasica*)

'Golden Harvest' or 'Mount Hood' (white) with English primrose (*Primula polyantha*)

'Romaine' (creamy white) or 'Mount Hood' underplanted with blue grape hyacinth (*Muscari*)

Dutch hyacinths

'Bismarck' (white or blue) with white wall rockcress

Tulips

'Mrs. John T. Scheepers' (yellow) with poppy-flowered 'Blue Poppy' anemone (*A. coronaria*)

March-April

Ranunculus

'Apricot Shades' with blue Chinese forget-me-not (*Cynoglossum amabile*)

Tulips

'Maureen' (white) with 'Blue Bunting' columbine (*Aquilegia*)

'Mrs. John T. Scheepers' with 'Blue Bunting' columbine or Siberian wallflower (*Erysimum hieraciifolium*)

'Pink Diamond' with 'Carmine King' (pink) forget-me-not (*Myosotis*) or 'White Perfection' viola

'Sweet Harmony' (bright yellow) with 'Blue Bunting' columbine

'White Triumphator' with 'Blue Perfection' viola

NORMAN A. PLATE

YEAR-OLD PLANTING—*including blue catmint, blue hibiscus, and lamb's ears—blooms in spring after fall tune-up.*

Autumn tune-up for potted perennials

Here's how to divide overgrown plantings and freshen younger ones

PERENNIALS IN POTS need very little care beyond watering, clipping spent blooms, and feeding for their first two years or so. But by the third year, they may look straggly and crowded.

Fall, after bloom is through, is a good time to divide them (in cold-winter climates, wait until spring). The task takes 45 minutes or so; it's simple if you follow the steps listed here.

1. TRIM PLANTS

Using sharp hand pruners, cut back plants. How much you cut will depend on the plant. Tall, semishrubby ones like *Alyogyne, Anisodontea,* and *Salvia* can be cut back to 6 to 12 inches. Mounding and trailing types—like blue ground morning glory, cranesbill, *Diascia,* lavender, Mexican daisy, santolina, *Verbena peruviana,* and yarrow—can be trimmed to tight mounds about 2 to 4 inches tall.

2. REMOVE PLANTS

If roots are dense and the rootball is hard, you may need to use a shovel to loosen plants from the pot; rock the shovel slowly back and forth between plants and around the inside of the pot. A large old knife also comes in handy to scrape around the inside edge of the pot. Tip the pot on its side, then slide the rootball out.

3. DIVIDE PLANTS

Using a sharp shovel or knife, make clean cuts through the rootball between and under plants; also trim roots. For plants that spread and form thick clumps, like lamb's ears, black-eyed Susan, and yarrow, you may need to slice through the crown of the plant to make divisions. Keep vigorous outer growth; discard center portions or any pieces that appear shriveled or diseased. Rub some of the old soil off the rootball.

4. REPLANT CONTAINER

Fill the container with fresh potting soil. If the plants are healthy, mix fresh soil and compost with part of the old soil (if you reuse old soil, break it up). Mix a slow-release fertilizer into the soil, or use a balanced formula such as 10-10-10.

Replant divisions. Be sure to set plant crowns at the same level as before; otherwise, they can rot in cool, wet weather. Firm soil by gently pressing it with your hand. Water thoroughly and deeply.

TO RENOVATE YOUNGER PLANTINGS . . .

Plants less than 2 years old, or ones you divided last year, can benefit from a lighter tune-up this month (in cold-winter climates, wait until spring).

Cut plants back as described above. Then with a screwdriver, poke three 1-inch holes about 6 to 8 inches deep in soil (keep holes about 2 inches away from plant crowns). Drop about a teaspoon of complete fertilizer such as 10-10-10 into each hole and cover with soil. Lightly scratch the soil surface and add about an inch of compost or topsoil. ■

By Emely Lincowski

Sunset

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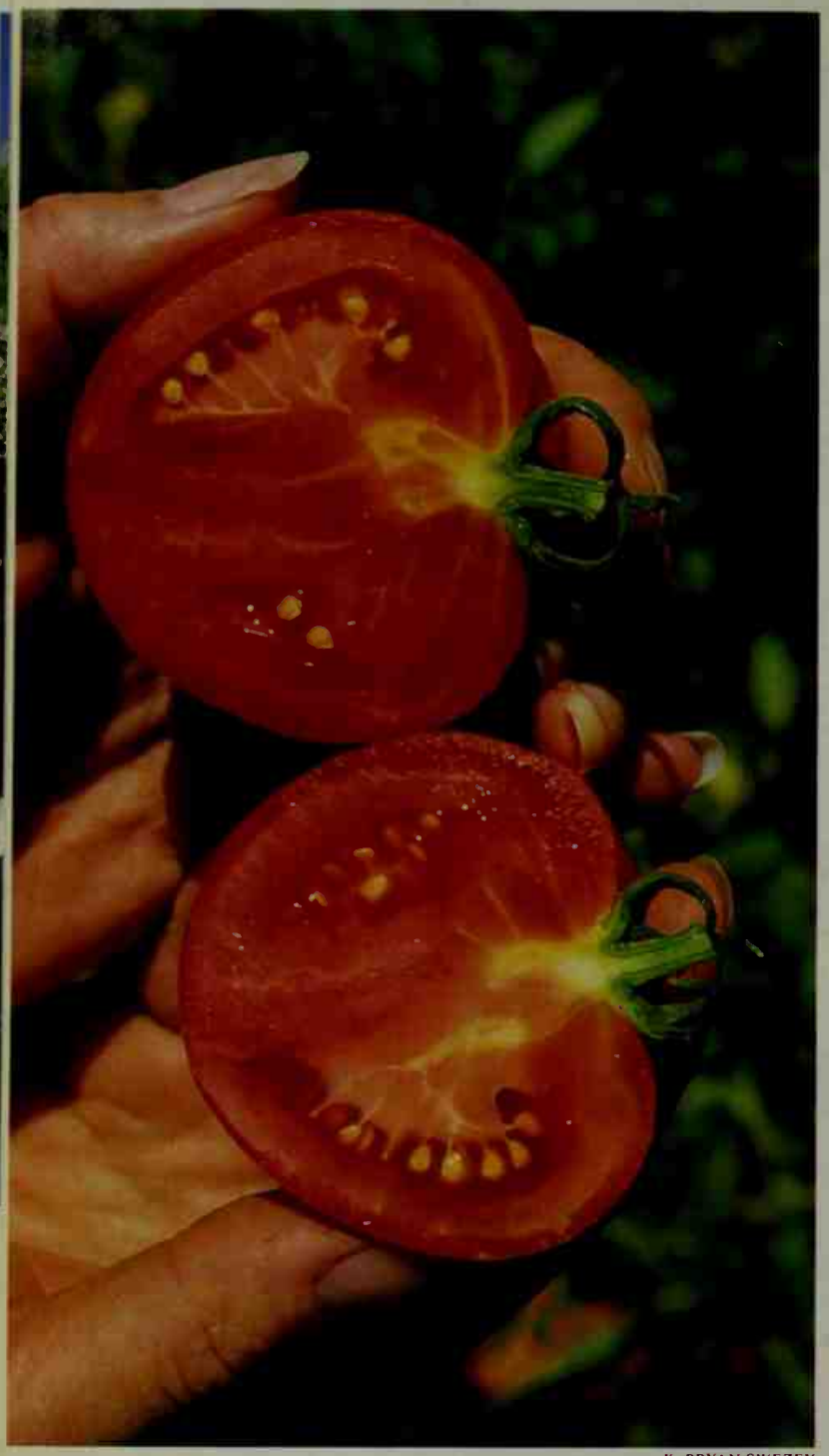


K. BRYAN SWEZEY

DENSE FLESH *of dry-farmed tomatoes has concentrated flavor.*

The tastiest tomatoes . . . with the least water

Start soil preparation now for dry-farmed tomatoes next summer

IT MAY SEEM ODD TO be thinking about next season's tomatoes in October. But with dry-farming techniques, the key to success is soil preparation, which begins in fall.

From a purist's standpoint, dry farming means growing crops without any irrigation to supplement rainfall. But you can adapt the idea to any degree you want. For tomatoes, dry farming works best with clay or clay-loam soil in areas that get at least 20 inches of rainfall. If your soil is sandy or rainfall is below 20 inches, you'll need to apply some water.

Dry farming's obvious advantage is water savings. But equally important is flavor—and this method will reward you with the best tomatoes you've ever tasted.

Overirrigated tomatoes are watery and bland. Dry-farmed tomatoes are lower in moisture, which concentrates their flavors. Last year, the UC Santa Cruz Agroecology Program compared the flavor of dry-farmed and drip-irrigated tomatoes; the dry-farmed ones won hands down.

FRUIT RIPENS *almost all at once on straggly vines, which sprawl to shade soil.*

FALL-PLANTED *cover crops of bell beans, rye, and vetch are ready to cut down in spring.*

START WITH COVER CROPS

Successful dry farming starts with thorough soil preparation to encourage deep rooting; it means more work at the outset, but less during the growing season.

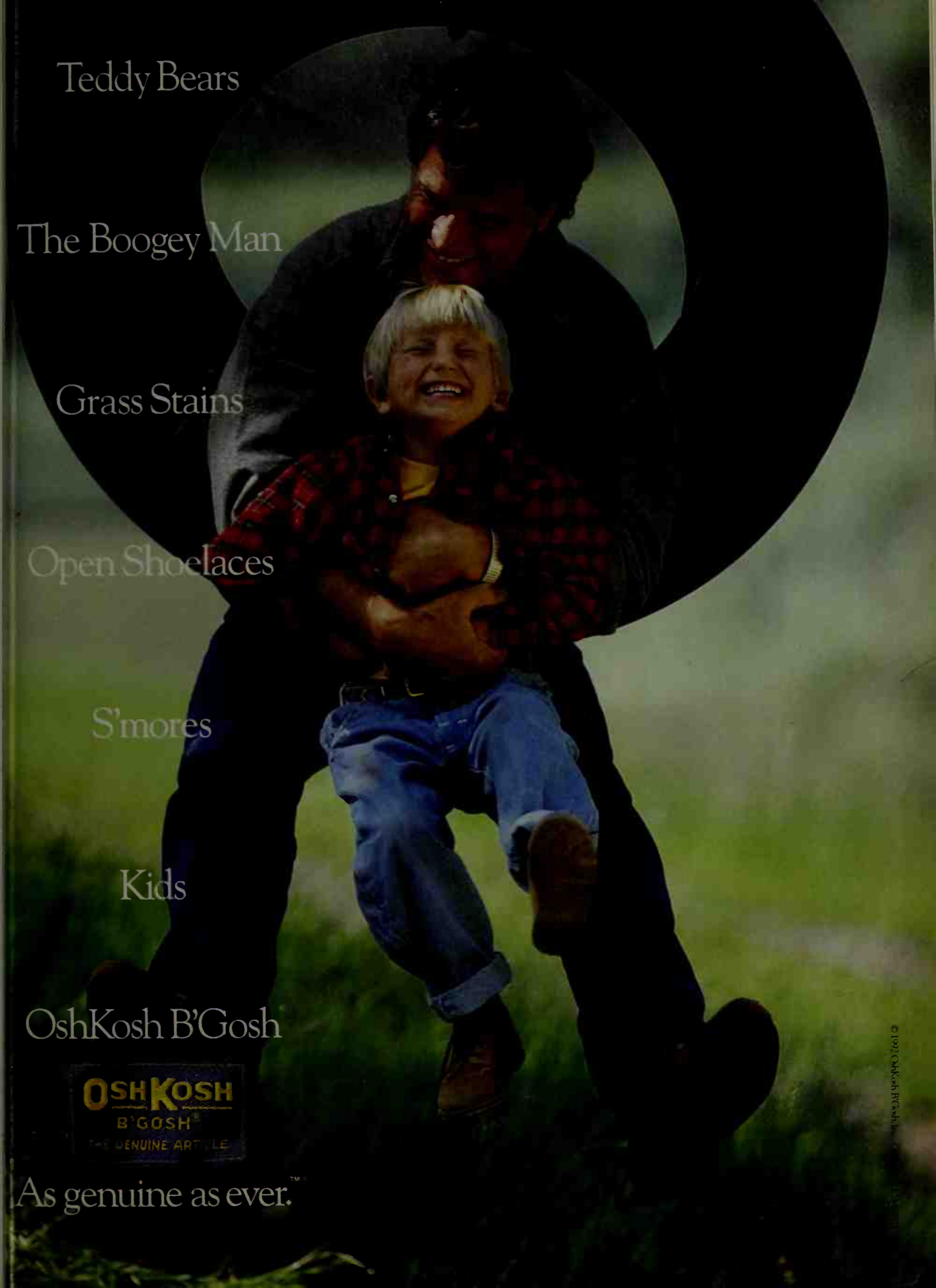
First, add organic matter to your soil if it needs it; dig down deeply. In October or November, plant a cover crop of bell beans, rye, and vetch. (You can order seed of these from Peaceful Valley Farm Supply, Box 2209, Grass Valley, Calif. 95945; 916/272-4769; catalog $2.) The deep roots loosen soil, and bell beans and vetch add nitrogen. Irrigate deeply to saturate the soil (unless it rains). If winter rainfall is low, deep-water as needed to keep cover crops from wilting.

The best variety to grow this way is 'Early Girl'. Plant when the soil has warmed to 65°—around April or May. Sow seeds eight weeks ahead or buy plants. Allow seedlings to become leggy (a foot tall).

About a month before you usually get your last rain in spring, cut down the cover crop so it lies on the soil, forming a mulch. Loosen the soil with a digging fork and plant through the cover crop. Remove the tomatoes' lower leaves and plant up to the top set. Space them 6 feet apart. If your soil isn't saturated with moisture, water deeply. Allow plants to sprawl.

Watch foliage for color changes and droopiness, signs of stress. If necessary, water deeply. Once plants develop fruit, don't water. The plants will divert energy to fruit development; meanwhile, they'll start looking straggly, and fruit will be somewhat smaller and less abundant than it would be with irrigation. Cover exposed tomatoes with straw to prevent sunburn. Harvest when ripe red. ■

By Lauren Bonar Swezey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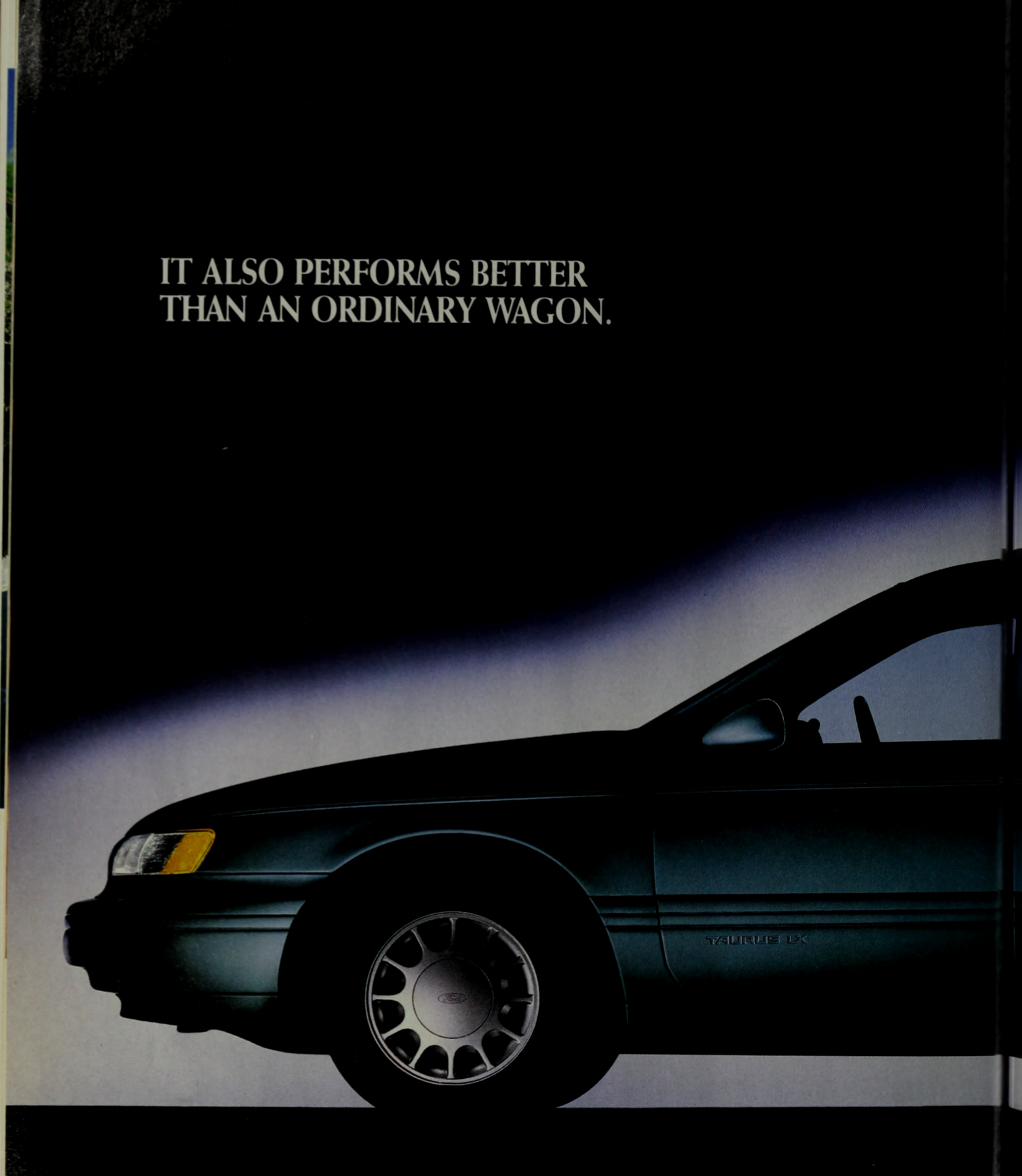
IT ALSO PERFORMS BETTER THAN AN ORDINARY WAGON.



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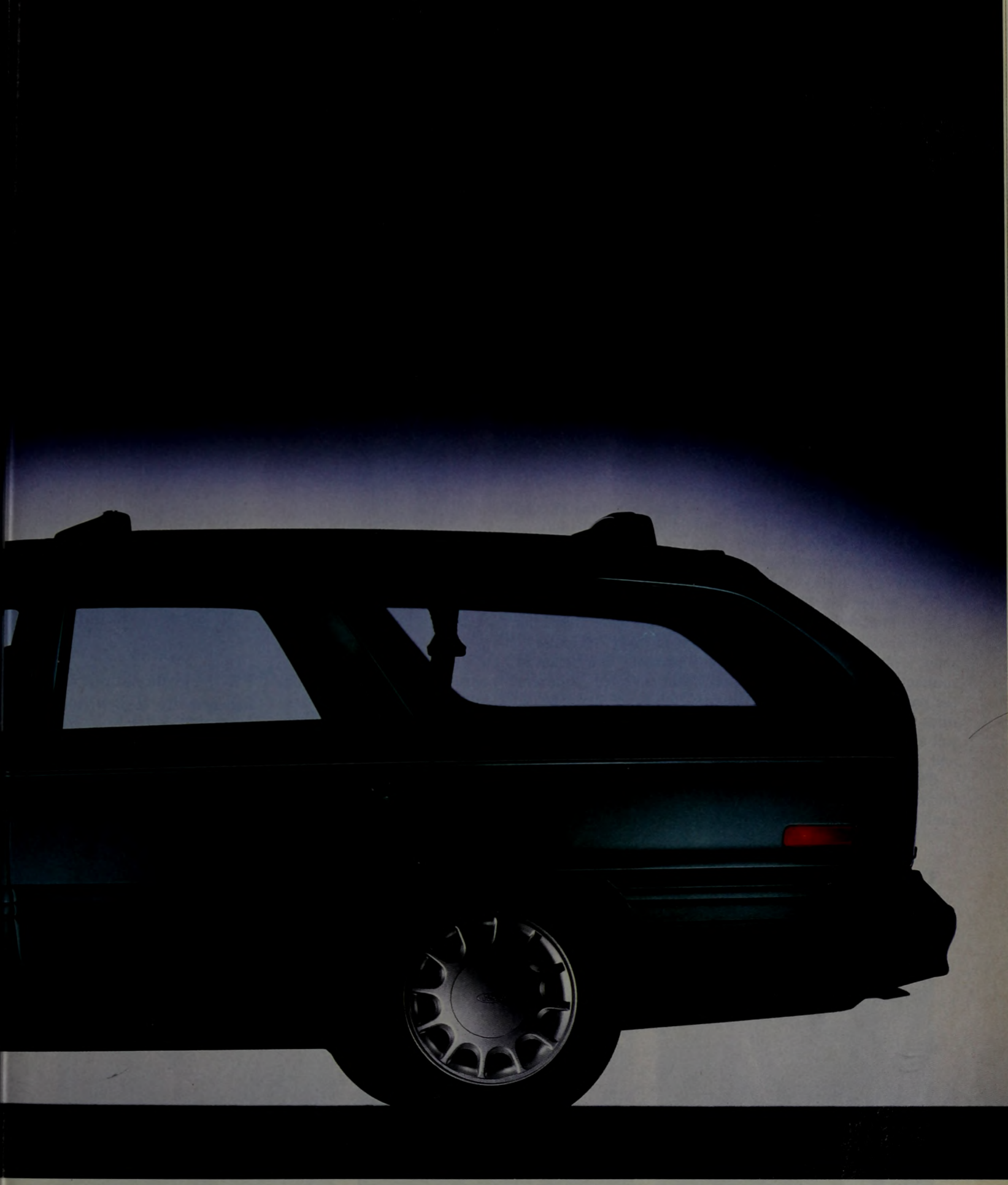

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HAVE YOU DRIVEN A FORD LATELY?

Ford

Why you should plant now for permanence

In mild climates, still-warm soils and soon-to-come rains get plants off to the best start. But availability of some plants is limited in fall

Fall planting
Early fall
Air is cooling; plant loses less moisture through leaves.
Soil, still warm from summer's heat, encourages root growth.
Winter
Rain irrigates for free.
Cold air and short days slow top growth.
Cold soil has lots of moisture. Roots continue slow growth.

TEMPTING AS IT MAY be to buy perennials and shrubs in luscious spring bloom, fall is a better time to plant them in mild-winter regions. As the drawings at right show, a plant set out now has summer's peak heat behind, the probability of soaking rains ahead, and still-warm soil to encourage immediate and deep root growth.

But finding a good selection of trees, shrubs, and perennials in nurseries can be more difficult in fall, and many of the plants you do find are not in bloom.

Nurseryman Randy Baldwin of San Marcos Growers in Santa Barbara, California, puts it this way: "Impulse buyers usually don't plant in fall. But educated gardeners know the benefits of fall planting and seek out the plants."

Although fall is best for planting most permanent landscape plants, spring is best for frost-tender types like citrus, hibiscus, and bougainvillea. Also hold off planting perennials, trees, and shrubs of borderline hardiness.

Following are pros and cons of fall planting, as well as suggestions for finding and starting healthy plants now.

PRO: Plants set out in fall require less water

Water-wise gardeners have long recognized the value of fall planting, especially of such deep-rooted, unthirsty plants as ceanothus, manzani-

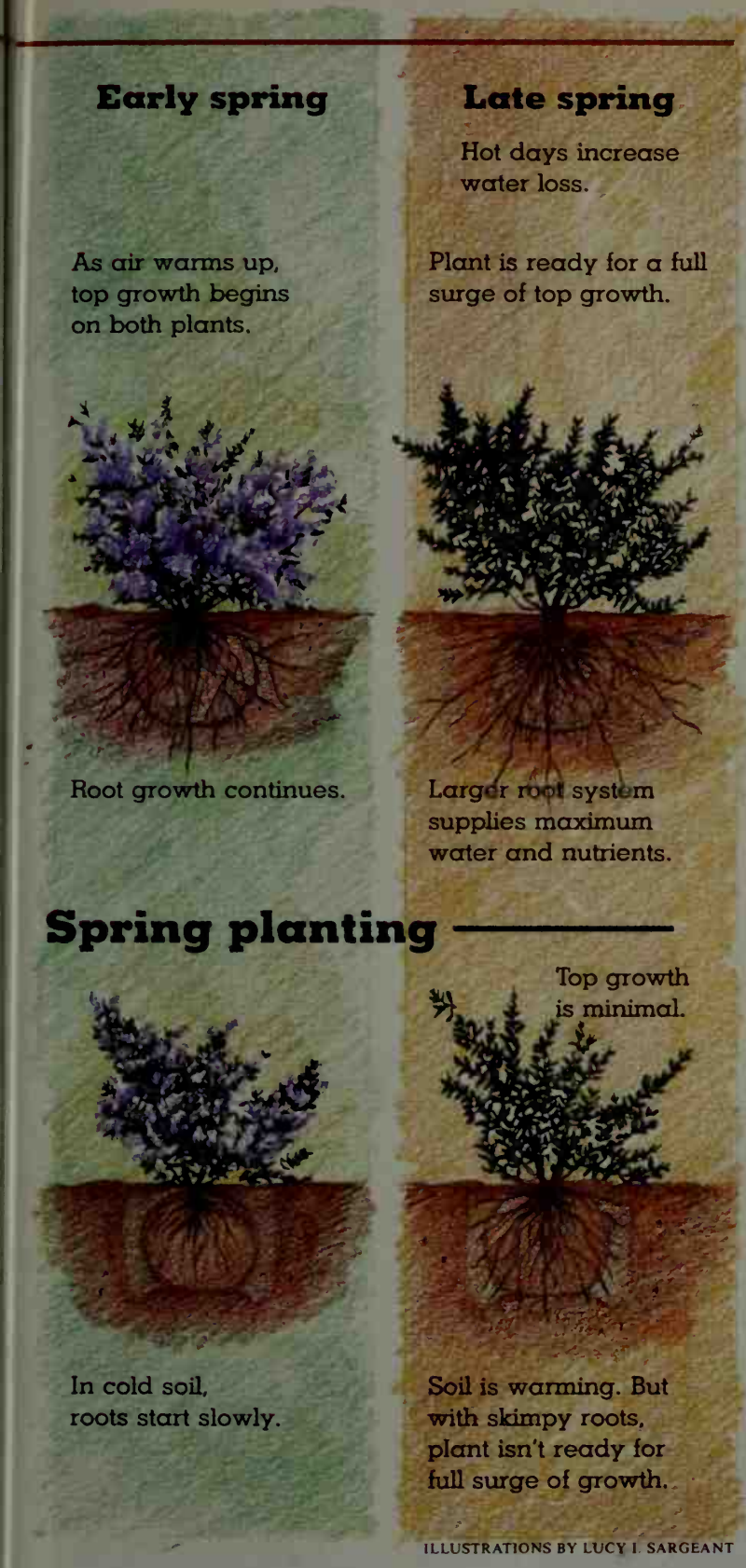
Getting a plant off to the best start: set it high, then water and mulch

NORMAN A. PLATE

SET PLANT *in a hole that's twice as wide as the rootball, with its soil surface about 1 inch above grade.*

BACKFILL *around plant, firming soil as you go. When hole is half filled, water; let it soak through.*

FINISH BACKFILLING, *lightly tamp soil, and add a 2-inch-deep layer of mulch around plant (away from its base).*


Early spring
As air warms up, top growth begins on both plants.
Root growth continues.
Late spring
Hot days increase water loss.
Plant is ready for a full surge of top growth.
Larger root system supplies maximum water and nutrients.
Spring planting
In cold soil, roots start slowly.
Top growth is minimal.
Soil is warming. But with skimpy roots, plant isn't ready for full surge of growth.

ILLUSTRATIONS BY LUCY I. SARGEANT

ta, and toyon. As days shorten and nights lengthen, plants transpire less and require less water. Strong roots begin to develop in the warm soil, and soaking winter rains encourage them to penetrate deeper. And though most fall- and spring-planted trees and shrubs need regular water through at least their first summer, the fall-planted ones will have more extensive root systems that are better able to forage for water and withstand heat stress.

PRO: Fall planting gives plants a head start on growth

At nurseries, perennials such as delphinium, dianthus, and yarrow, and shrubs like India hawthorn and rockrose are at their most enticing in spring or summer bloom. But if you buy and plant them in bloom, they establish and grow slowly.

In contrast, if you buy these plants out of bloom in fall, they have the fall and winter to put out roots. Come spring, top growth—supported by more established root systems—will surge, and the plants will meet their full flowering potential. This is especially true for perennials that bloom in early spring, and for those that need a period of cold to ensure maximum bloom, such as campanula, columbine, coral bells, and foxglove.

PRO: Plants are less susceptible to certain root rots in fall

Plants set out in the heat of spring or summer need frequent watering—sometimes daily—to get established. But some plants, especially California natives such as fremontia, manzanita, and silktassel, are susceptible to soil-borne fungus disease if irrigated frequently when soil is warm. If you set out these plants in fall, winter rains will help establish their root systems when soil temperatures are cool. Then they'll need less frequent watering their first summer, when soil temperatures soar.

CON: Unless they're planted correctly, some perennials can rot in winter

Nonwoody (herbaceous) perennials planted in fall are more prone to rot in winter's cold, wet weather. To avoid rots, amend heavy soil with organic matter. Place plant crown at or slightly above the soil level, not below.

PRO: Some plants available in fall are fresher

Some nonwoody perennials at nurseries in fall were started from seed in late spring or summer. These are quite fresh; they're mostly available in cell-packs or 4-inch pots.

Plants left over from spring's inventory and offered in the same containers in fall may be rootbound. If possible, check the roots. They should not form a solid ball, and large roots should not grow out the drain holes.

Even if a plant in a 1- or 5-gallon container is rootbound, Ron Gass of Mountain States Wholesale Nursery in Phoenix maintains, "It's not a loss if you root-prune it." Gass recommends sliding the plant out of its container and using the blade of pruning shears to make two cuts opposite each other, about 1 inch deep, running the height of the rootball. This works most of the time, except on rare occasions when plants have become rootbound during the production stage at nurseries.

CON: Availability of some plants is more limited in fall

Many flower-bearing plants are out of bloom now, and in some areas nurseries' stocks are low. Baldwin suggests that gardeners ask their nurseries to special-order plants when necessary, since the plants are usually available through wholesalers.

Nurseries specializing in native and water-conserving plants, however, should be well stocked in fall. Native plant sales, often sponsored by botanic gardens and garden clubs in October and November, are another important source.

Check plant vigor and quality before you buy. Keep in mind that many Mediterranean and desert plants are dormant in summer; in early fall, they may look scruffy or partially deciduous. If the root system is healthy, don't be deterred. Once in the ground, they'll perk up. (To plant, follow steps at left). ■

By Lynn Ocone

THERE ARE TIMES WHEN PREDICTABILITY can give you a deep sense of comfort and fulfillment. Like when you're watching a sunset, or taking a walk through a familiar stretch of woods.

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NORMAN A. PLATE

HAWTHORN BERRIES *make a colorful addition to bouquet-perfect bunches of fall foliage and flowers (left). Sunny bouquet (above) combines yellow and amber mums with fennel, oakleaf hydrangea foliage, and blackberries.*

Harvest bouquets

They use the season's bounty: berries, blooms, and foliage

STROLL OUT INTO the garden this month, basket and shears in hand, and chances are you'll find plenty of handsome materials to cut for harvest bouquets. Leaves are turning shades of red-gold to plum, berries on shrubs such as pyracantha are ripening, and chrysanthemums are blooming in colors that echo fall's low, golden light.

Growing among them might be other treasures, such as dried grasses, glossy or straplike green leaves, or interesting seed pods or fruits. Collected into bouquets, they can bring your garden's late-season color indoors.

The arrangements pictured on these pages, created by members of The Carmel-By-The-Sea Garden Club for a fall flower show, make use of materials gathered from gardens and roadsides. Although many of the prunings may not have the longevity of cut flowers from a florist, they go together quickly and handsomely for bouquets.

Once cut, most last about five days in water.

PLANTS FOR FALL BOUQUETS

In the West's mild-winter areas, many summer flowers—such as cosmos, gaillardia, and some roses—continue blooming well into fall. Others, like mums, are just starting to bloom. Use these as featured plants. For the background, fall foliage might include Chinese pistache (cut twigs with leaves attached).

The chart on page 82 lists fall performers for mild climates. (For hardiness in your zone, check the *Sunset Western Garden Book*.) Your garden or neighborhood might yield other choices.

For longest-lasting bou-

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EMELY LINCOWSKI

IN HARVEST BOUQUET *(above), apples shine among purple smoke tree, privet greens, alstroemeria, and mums. Asymmetrical, Japanese-inspired bouquet (below) shows off gaillardia, roses, and pyracantha in textured copper bowl.*

NORMAN A. PLATE

quets, cut foliage early in the morning, plunge stems immediately into water, and arrange as soon as possible.

ARRANGING THE BOUQUET

Bouquets can be simple and loose, like the one pictured on page 80; symmetrical, like the one pictured at left; or asymmetrical, like the one pictured at the bottom of this page.

Wedge a moistened block of florist's foam into the vase. To secure large fruits such as apples, wire or tie them onto small twigs or branches. ■

By Emely Lincowski

CARMEL GARDEN CLUB'S 35 BOUQUET MAKERS

Fall foliage . . . start with these for background

Chinese pistache. Reds, oranges, and yellows.
Grape. Yellow to reddish purple fall color.
Japanese maple. Various textures and leaf colors.
Oak (deciduous kinds, such as blue oak, California black oak, and scarlet oak). Leaves turn yellow to red in fall.
Oakleaf hydrangea. Large, bold-textured leaves turn reddish purple in fall.
Smoke tree. Deep purple oval leaves.

Grasses and sedges: fill in with these

Fox red curly sedge (*Carex buchananii*). Fine brown grassy foliage.
New Zealand flax. Big blades in various colors.

Flowers: add these for color

Alstroemeria. Evergreen hybrids with pink, red, lavender, or purple flowers, often with white or yellow markings.
Aster. Daisylike flowers in blues, pinks, reds, and white.
Chrysanthemum. Many colors except blue.
Fennel. Delicate yellow flowers.
Gaillardia. Yellow or bronze-red daisy.
Gypsophila. Clouds of tiny white flowers.
Jerusalem sage (*Phlomis*). Yellow tubular flowers in whorls; interesting gray-green foliage.
Kangaroo paw. Fuzzy tubular flowers in shades of green, yellow, red, and brown.
Lion's tail. Fuzzy orange tubular flowers arranged in whorls along stem.
Oregano. Loose clusters of pink flowers.
Penstemon. Tubular flower in pinks, reds, purple, white.
Pincushion flower. Blue, pink, or white.
Roses. Many colors.
Russian sage (*Perovskia*). Blue flowers; gray-green foliage.
Safflower. Orange flowers.
Sage. Many types. Red, pink, blue, or purple flowers.
Sunflower. Cream or yellow to rusty orange; bold flower.
Yarrow. Various colors, white and yellow to rose-pink.

Fruits and pods: use these as accents

Apples. Red, yellow, or green. Add harvest touch.
Bittersweet (*Celastrus*). Vine with orangish red fruits inside brownish capsules.
Blackberry. Red to purplish berries (if any remain unharvested this late in the season, pick clusters on stems).
Cotoneaster. Small clusters of red berries.
Dock (*Rumex*). Brown, upright stem with small brown seed capsules. Interesting texture. Good vertical form.
Hawthorn. Red berries in clusters.
Privet. Green waxy oval leaves. Cut twigs with leaves.
Pyracantha. Dense scattering of red, orange, or yellow berries; cut twigs.
Rose hips. Red, orange, or yellow ½- to 1-inch fruits look like tiny apples.

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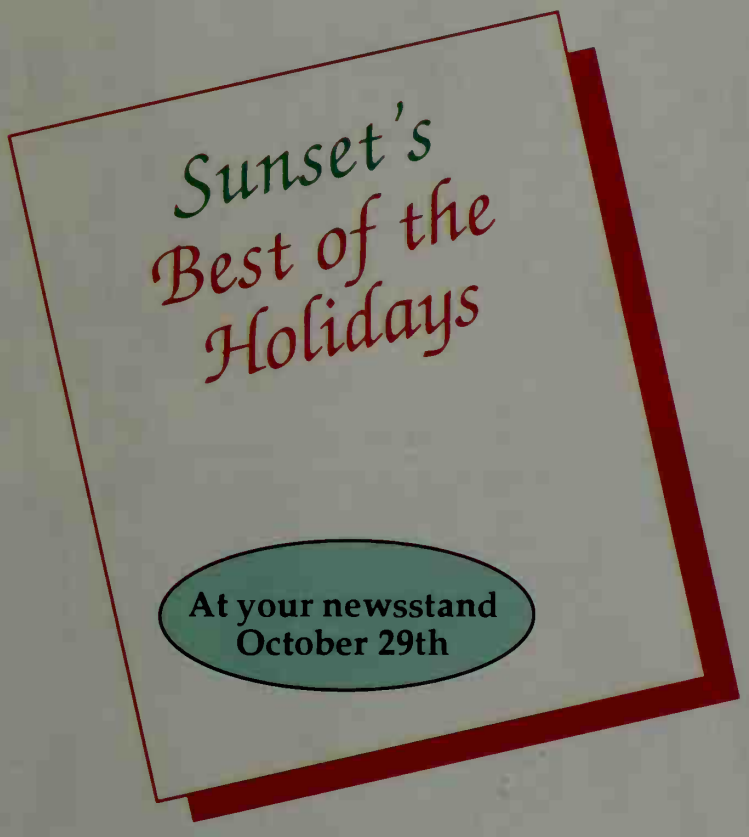

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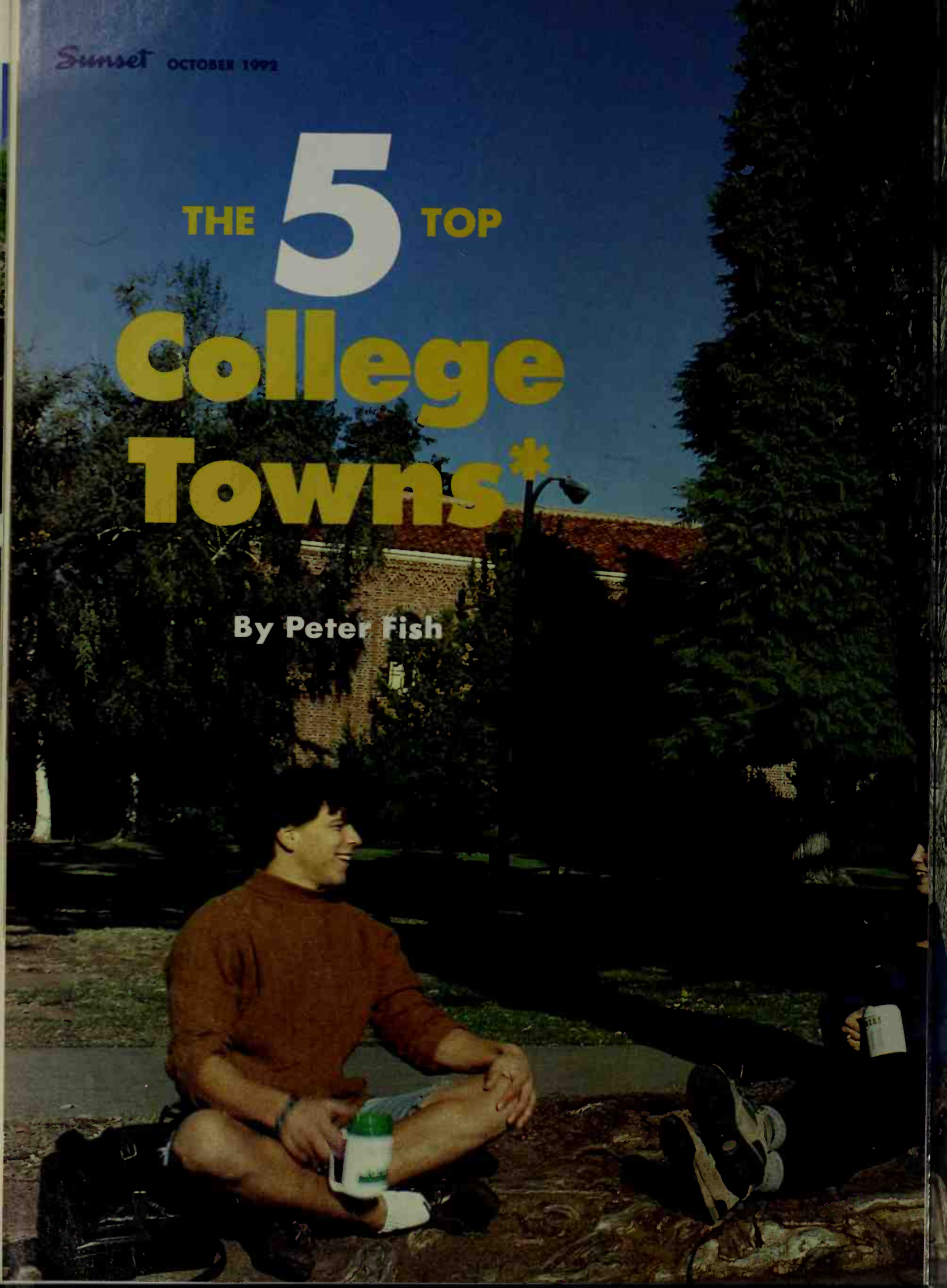
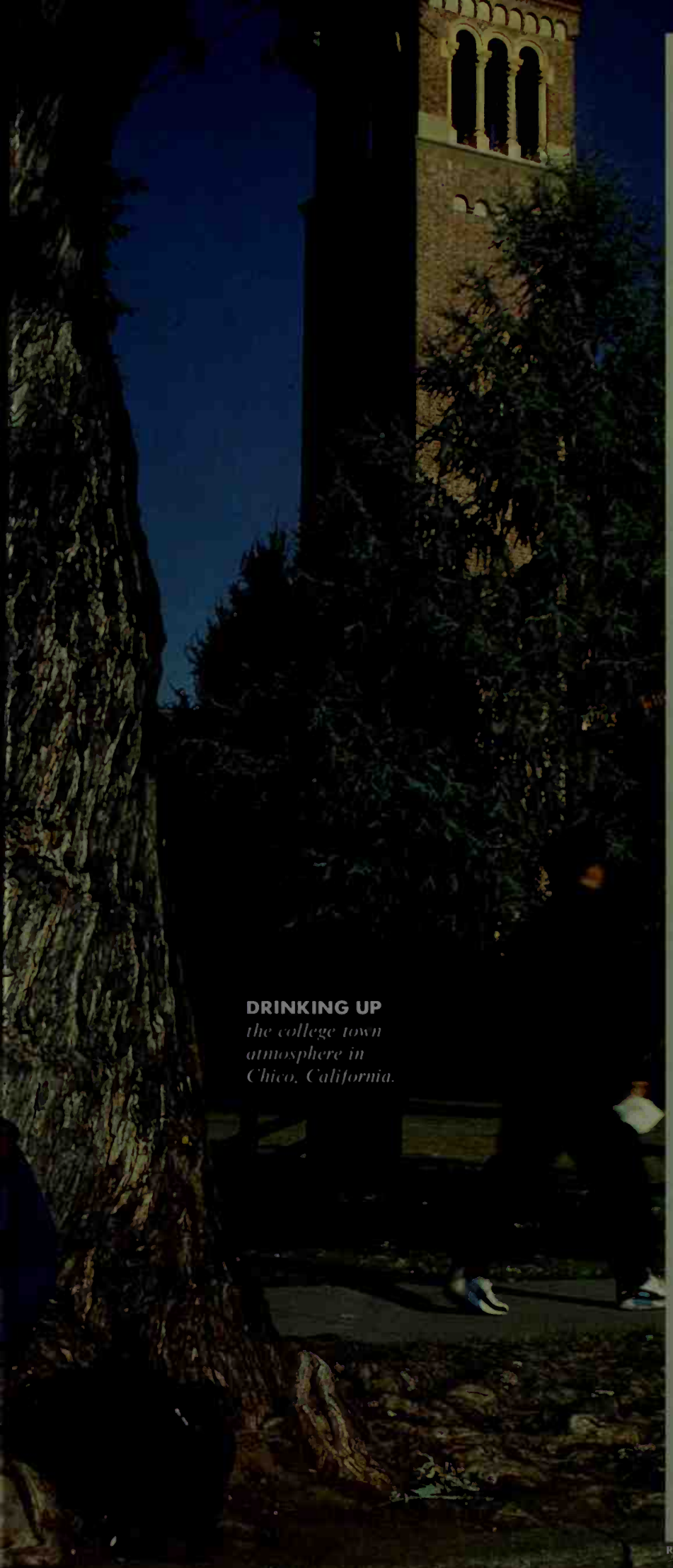
Sunset OCTOBER 1992

THE 5 TOP College Towns*

By Peter Fish





DRINKING UP
the college town atmosphere in Chico, California.

An autumnal urge stirs this time of year. You think about filling suitcases and station wagons with sweaters and scarves, beer steins and tennis rackets, dictionaries and calculators. It doesn't matter that you registered for your last class a quarter of a century ago. A college town maintains a lock on the emotions that lasts a lifetime.

A college town is a repository of tradition and change. The entwining ivy, the musty volumes in the upper stacks, speak of weighty thoughts that reach back centuries. The whir of skateboards, the thrash-funk from the dorm stereos, the lights burning late at the computer center, shout tomorrow.

Here's the minimum a great college town must possess: One coffeehouse with espresso strong enough to make you consider a pacemaker. One athletic team high-powered enough to make the playoffs, or lousy enough to be endearing. One mountain bike shop, one chamber music series, one alternative nightclub populated by threateningly coiffed people in torn T-shirts. One leafy nook where, beneath a marble bust of the college's founder, you can read Shelley to your beloved. And terrible parking.

A true college town can be infuriatingly insular. "There are times it makes my teeth ache," one resident says of Eugene. "The self-anointment, the intellectual pretension, drive me crazy," another says of Austin.

Yet there is something about these places that keeps us loving them. Partly it's the recollected joys of being loud, stupid, and 19. Partly it's the knowledge that if these towns often behave as though they're the only places in the world, it's because for four years, they *are*.

There are a lot of good college towns in the West. Here are five of the best. Go on, pay a visit, have some fun. You're only young twice.

***Fine. Get mad. Yelp that we missed one. But, hey, trust us: when you want to revisit the best years of your life, these 5 towns are *hot*.**

RICHARD MORGENSTEIN

Boulder

UNIVERSITY OF COLORADO

In 1878, a professor of French and German, Miss Mary Rippon, arrived in Boulder to begin her career at the new state university. She descended from her Pullman car, gazed west to the jagged peaks of the Flatirons, and uttered one word: "Glorious."

People have been saying that about Boulder ever since. If heaven has a college town, it's probably as beautiful as Boulder.

It's also a town in motion—a buzz of bikes, in-line skates, jogging feet. Outlanders faced with such fierce athleticism end up shuffling around, muttering like the little engine that could, *I will do sit-ups, I will do sit-ups.* The penchant for self-improvement extends far past the physical: check out the kiosks on the four-block-long Pearl Street Mall, where fliers advertise in-depth astrological sessions and holistic aromatherapy.

It's a town in motion—a buzz of bikes, in-line skates, jogging feet.

Like many college towns, Boulder (population 83,000) is self-aware, not to say self-obsessed. It conceives adages and aphorisms—always about Boulder. "We're somewhere between the Rockies and reality," goes one, and another is the prophecy of an apocryphal Arapaho Indian chief: "If you leave Boulder, you will return." That seems to be blessing *and* curse, because, as the waiter with the master's degree tells you, "People who work here consider the mountains half their pay."

In fact, the town of Boulder is so, well, Boulder, that visitors beguiled by the scenery and the mall and the restored Victorians may forget about the university that put it all together. Which is unfortunate. With 25,000 students, the University of Colorado is a big school, but its historic Norlin Quadrangle (long lawns and Colorado sandstone interpretations of Italian Renaissance architecture) is an intimate, visitor-friendly public space. The university maintains strong programs in biochemistry (biochem professor Thomas Cech won a Nobel Prize in 1989), in aerospace engineering (the school boasts 12 alumni astronauts), and in natural resource law. And then there are those CU Buffaloes, 1990 national champions in football.

One of the nation's best-known historians of the American West, professor Patricia Limerick, has taught here for eight years. "I came here from the Ivy League, and I'm afraid I was a snob. But a lot of my students are energized and ready to go. Oh, there are some driving with their parking brakes on—serving time in college because their parents won't pay for the ski vacations otherwise. But there are also really smart kids.

"Of course, there are things about Boulder I don't like," she continues. "It's so smug about being fit that I want to go out in public eating big bags of potato chips. And it's too expensive to be ethnically diverse—I have to go to Denver just to remember who else is on the planet. But in other ways it's heaven. I look around and think, Lucky me."

A CAPPUCCINO, *an in-line skate, and thou: the compleat Boulder experience includes coffee and book browsing on the Pearl Street Mall, and some form of wheeled athletic endeavor.*

STEPHEN COLLECTOR

THE WORD

- **Grooviest grocer:** Of course, Boulder has the hippest natural food store anywhere: Alfalfa's Market, 1651 Broadway. (All right, Austin's Whole Foods is also a contender.)
- **Most famous alumni:** Robert Redford, Supreme Court Justice Byron White, Glenn Miller
- **A great day's wander:** Start with a mall crawl: Pearl Street Mall is that rarity, a downtown pedestrian mall that actually works (not even the occasional mime can spoil the fun). Favorite stops include Boulder Bookstore, 1107 Pearl, and the Boulder Arts & Crafts Cooperative, 1421 Pearl. From Pearl, Broadway leads directly onto campus, where the University of Colorado Museum and the CU Heritage Center entertain and enlighten. Next, an athletic choice: bicycle along Boulder Creek, or hike Boulder Mountain Park. For dinner, try the Flagstaff House Restaurant (303/442-4640), on Flagstaff Road, for its view; the three restaurants at The Hotel Boulderado, 2115 13th Street, for history; or the Walnut Brewery, 1123 Walnut Street, for Boulder's truest love—locally brewed suds.

Central West edition readers, see page 32 for details and more.

Chico

CAL STATE, CHICO

Velveeta. Party.

Okay. We've used the two words obligatory in any discussion of Chico. The first comes from *San Francisco Chronicle* columnist Herb Caen. For decades, the three-dot journalist has affectionately dismissed this 44,000-person Sacramento Valley town as a rube's roost whose idea of haute cuisine is the aforementioned cheese product. The second? Well, pundits from such institutions as *Playboy* and MTV have awarded Chico State a *party cum laude* for being the kind of college where the second law of thermodynamics tends to take second place to keggers.

Pundits from Playboy and MTV have awarded Chico State a party cum laude.

But we think visitors usually find themselves using another word to describe the town: *civilized.* About 85 miles north of Sacramento, the town sits among Sierra Nevada foothills sun-dried, this time of year, to a tawny, mountain lion gold. On campus, handsome brick buildings rise from rose gardens. Walk one minute in one direction and you're in well-tended downtown Chico; walk in the other and you've come to Bidwell Park, the Sherwood Forest in the original 1938 *Adventures of Robin Hood* and, with 2,400 acres, one of the largest, finest urban parks in the nation.

Founded in 1887 as a teachers college, 15,000-student Chico State now boasts strong programs in computer science and communications. University president Robin Wilson says he's worked to beef up academics and tone down the campus's party-till-you-drop rep. To that end, in the late 1980s, when Chico's venerable Pioneer Days celebration verged on riot, Wilson called a halt: "I took Pioneer Days out to the backyard and shot it."

Deprived of the Pioneer Days of their lives, Chico students now funnel energies left over from studies into jogging and bicycling, and inner-tubing down the Sacramento River. And, all right, into the occasional soiree—come Halloween, everyone parades costumed through downtown.

Laid-back Chico does not have complete immunity from troubles of the times. Senior Rick Callender, who is black, laments the homogeneity of the university.

"We're far away from any big city, and it can be hard for minority students to feel comfortable here," he says. As newly elected student president, Callender hopes to reverse that trend. Meanwhile, college president Wilson fears California's budget crunch, which, he says, "makes our future absolutely opaque."

Yet, as one observer told us, "This is a hard place to get out of your system." Just ask Ted Meriam. He grew up in Chico, the son of a psychology professor. He attended college here for two years, finished up at Stanford, then returned. That was in 1932. He's lived in Chico ever since, serving as a California State University trustee and, for 10 years, as mayor. Does he still like his hometown? "You bet," says the 82-year-old Meriam. "I was truly blessed. I had the good fortune to be born here. I didn't have to search to find it."

RICHARD MORGENSTEIN

NOT PIGS IN THE POKEY, *these porkers pout at Chico State's farm; 25-year-old ag program is relative newcomer to the school, which began as a teachers college. And, yes, the rumors are true: Chico students have been known to throw a party—here, at Halloween. (Don't worry: visitors can get away from the ruckus—if they want to.)*

THE WORD

- **Best proof that the more things change, etc.:** Madison Bear Garden, 316 W. Second Street, (916) 891-1639. If you've attended college in the last 20 years, you know the scene: farm implements hanging from the ceiling, antlered ruminants hanging from the walls, three big-screen TVs blasting three different sporting events, and loudspeakers blasting Top 40. Oh yeah—and beer.
- **Most famous alumni:** GOP-turned-Perot-turned-GOP-strategist Ed Rollins, erstwhile tycoon Adnan Khashoggi, short story master Raymond Carver
- **A great day's wander:** All days in Chico should begin in verdant Bidwell Park, so take a morning jog there. On campus, admire graceful brick Trinity and Kendall halls and Laxson Auditorium, and the Easter Island–like sculptural grouping Monoliths. Walk across Big Chico Creek to Bidwell Mansion State Historic Park and tour the home of Chico's founders. Hungry? Thirsty? It's a 10-minute drive, but the Sierra Nevada Brewing Company Taproom and Restaurant (1075 E. 20th Street, 345-2739) has great beer and good food.

Central West edition readers, see page 32 for details and more.

Eugene

UNIVERSITY OF OREGON

To have people act nice, and sincerely mean it, took a while to get adjusted to." This is what professor of chemistry Geri Richmond says of her college, the University of Oregon, and her college town, Eugene.

Settled in the green heart of the Willamette Valley, this 16,500-student campus and 117,000-person city are indeed sincerely nice places. The university feels solid and comfortable, its chief visual extravagance an extraordinary canopy of trees. ("The whole campus is an arboretum," explains university archivist Keith Richard. "We have about every tree you can grow in this climate and one or two that have absolutely no business growing in this climate.")

"That fighting duck is one of the things I love most. Who could get mad at a duck?"

The best of the campus buildings were designed in the 1920s and '30s by Ellis Fuller Lawrence, who almost invariably employed good red bricks from nearby Yamhill County. There are two new knockouts—Willamette and Streisinger halls—amused tributes to scientific inquiry, with DNA-inspired staircases, and sculptures of such luminaries as Marie Curie, Albert Einstein, and drosophila, the fruit fly beloved of genetics students everywhere.

A like mixture—solid, with jolts of the weird—typifies Eugene, too. "In some ways we *are* wacky—an elephant graveyard of the '60s," says Jim Godbold, an editor at Eugene's paper, *The Register-Guard*. "The Grateful Dead is practically our house band."

Adds Godbold's colleague, *Register-Guard* columnist Don Bishoff, "Our reputation is that we eat yogurt and granola, run 3 miles before work, then go off to save the Earth." But, he says, the image can mislead in a town where timber remains a dominant, if oft-ailing, industry. "In a lot of ways we're still a mill town. We're not Brigadoon."

And yet for visitors, Brigadoon—a tie-dyed, socially conscious Brigadoon—may be what comes to mind as they watch the morning mist rising from the Willamette, or thread their way among Erb Memorial Union's tables full of students promoting worthy causes. City and university seem to share an almost anachronistic belief that, with thoughtful discussion, problems from global warming to the university budget cuts that could result from Oregon's Measure 5 can be solved.

Then, of course, there's the University of Oregon mascot: a duck. "That duck is one of the things I love most about this place," says professor Richmond. "The fighting ducks. Who could get mad at a duck?"

Well, there's a story about that duck, and it's a good Eugene story. The U of O mascot bears more than a passing resemblance to a famous Hollywood quacker. Walt Disney Productions did not normally permit its animated actors to accept additional employment. But for Oregon, Walt himself agreed to allow Donald to moonlight.

Remember that as you visit Eugene. Think about the duck, and realize that good things happen to places that are sincerely nice.

ROUGED BY AUTUMN, *canopy of trees colors University of Oregon campus, while Eugene's downtown is a homey place to shop and stroll. We think witty Willamette Hall, on E. 13th Avenue, is among the West's best new college buildings.*

DAVID FALCONER

MICHAEL THOMPSON

THE WORD

- **Best mascot (tie):** The U of O duck (see story, left)
- **Most famous alumni:** Nike founder Phil Knight, novelist Ken Kesey, footballer-turned-commentator Ahmad Rashad
- **Best use in movie:** Producers of 1978's *National Lampoon's Animal House* sought a traditional red-brick, big-tree, East Coast–looking campus not threatened by traditional East Coast snows. Voilà! Erb Union's Fishbowl soda bar was the backdrop for John Belushi's most famous gross-out scene. It's since been remodeled. Coincidence?
- **A great day's wander:** Start with coffee—The Coffee Corner at the Fifth Street Public Market, E. Fifth Avenue and High Street. Nearer campus, the town gets so caffeine-mad that even Kinko's Copy Center (860 E. 13th Avenue) sells espressos. On campus, visit two fine museums (the Museum of Natural History, 1680 E. 15th Avenue, and the midcampus Museum of Art). The U of O's motto is *Mens Agitat Molem* (mind moves mass), so after all that culture you'll need to jog or bicycle along the Willamette. Sup well in downtown Eugene, then see who or what is happening at the Hult Center for the Performing Arts (503/342-5746).

Northwest edition readers, see page 32 for details and more.

Claremont

CLAREMONT COLLEGES

Deciduous trees—elm, sycamore, liquidambar—loose golden leaves onto avenues named Harvard, Yale, and Dartmouth. And if fall here is too mild to foment the really fiery color that lights up Vermont, well, Claremont still knows that it has achieved a credible compromise of culture and climate. As Claremont Graduate School professor Dan Mazmanian says, "We're like a wonderful New England town set down near metropolitan Los Angeles."

This self-styled "city of trees and Ph.D.s" looks as if it has been what it is forever. In fact, Claremont—population 32,000—was born with a loud speculative bang, a railroad town of the 1880s. The only reason Pomona College moved here was to grab free space in the failed Claremont Hotel. But out of these unpromising beginnings came Southern California's answer to Oxford.

The Claremont Colleges actually are six separate schools that share some facilities but maintain strongly individual identities. The oldest and largest, Pomona, embraces the liberal arts, while Harvey Mudd focuses on science and engineering. Claremont McKenna students carry a reputation for conservatism, Pitzer's for iconoclastic display. ("You can always tell Pitzer students," one campus observer claims. "They're the ones going to morning classes in pajamas.") Scripps is one of but a handful of women's colleges in the West. Segments of the Claremont Graduate School rank among the best in the nation in surveys of higher education. Even in these tight times, well-heeled alumni ensure that none of the schools is hurting. Says Mazmanian: "Comparatively speaking, we're an island of tranquillity, affluence, and optimism in the midst of what's going on in higher education in this state. It's almost embarrassing."

"We're like a New England town set down near metropolitan L.A."

The town is likewise an island of intellectual stimulation amid the freeway, furniture mart, and multiplex sprawl east of Los Angeles. The downtown is one of the most walkable in Southern California, and city council member Judy Wright applauds the weekly round of college-sponsored lectures, concerts, and gallery openings. "The colleges really make us a city—not just a suburb."

It's a place of tucked-away pleasures, Claremont is. On campus there's Denison Library, pictured here, and serene Memorial Court. There's Ellen Browning Hall, where generations of graduating Scripps classes have painted greetings to posterity:

'38—Beauty or Brains or Both
'71—All You Need Is Love

Few locales will give you a more poignant sense of what college is about—the enthusiasm, the idealism, the sense of being at the starting gate of your life.

CLAIRE CURRAN

GILDED BY *sun streaming through Denison Library's leaded windows, Scripps student samples superb rare-book collection. At left, it's trash for art's sake at Claremont Graduate School gallery, while softball players give a leaping high-five.*

THE WORD

● **Best (allegedly) censored mural:** Campus legend has it that back in the 1930s, Pomona College trustees made famed muralist Jose Clemente Orozco tame his Prometheus to an anatomically incomplete, G-rated version. Official campus history says the bowdlerization was Orozco's own doing. In any case, the results are still on view inside Frary Dining Hall.

● **Most famous alumni:** Kris Kristofferson (Pomona), Richard Chamberlain (also Pomona), financier Henry Kravis (Claremont McKenna)

● **A great day's wander:** Start in The Village, Claremont's small-scale downtown, where The Danson, 109 Yale Avenue, pumps out breakfasts, lunches, and dinners in a restored '30s gas station. Harvard Square Cafe, 206 W. Bonita Avenue, has a pleasant sidewalk setting. For shopping, check out Claremont Books & Prints, upstairs at 126 N. Yale, or the Folk Music Center, 220 N. Yale. Then walk up College Avenue to the campuses: idyllic, Mediterranean Scripps is the prettiest, but Pomona's Stover Walk, shaded in California live oaks, is no aesthetic slouch either. Restored to its Craftsman splendor, Pitzer College's 1903 Grove House is a serene spot for a cup o' joe.

Southern California readers, see page 40 for details and more.

Austin

UNIVERSITY OF TEXAS

Those four other college towns you just read about? Poseurs. Would-bes. Pretenders.

That's what Austin would have you believe. And maybe it has a point. Of all our college towns, Austin—more or less smack in the heart of Texas—is the most complex, not a town but at 500,000 people every inch a capital city of horse-trading pols and semiconductor savants, with a music scene whose tendrils stretch across the country. It would take a potent campus indeed to dominate such a place. But 50,000-student University of Texas at Austin is just that campus.

For decades, two colossi bestrode the Austin skyline: the 311-foot-tall Texas State Capitol dome and the 307-foot-tall University of Texas tower, the latter lit orange with every Longhorn football victory. Since the 1980s they've been physically overshadowed by new downtown skyscrapers, but their symbolic importance holds: the mile between the tower and the dome is the nexus of Texas power, with success at one institution—say, UT School of Law or the LBJ School of Public Affairs—often leading to success at the other.

UT communications professor Roderick P. Hart says that UT's aura of success is deserved. "UT students are as good as any public university students in the United States. People who could go to Ivy League schools come here because it's Texas." Adds Arnold Garcia, editorial page editor of the *Austin American-Statesman,* "Austin is full of high school valedictorians who don't have any trouble expressing themselves. It's as interesting a town to watch people in as any place I've ever been."

"It's as interesting a town to watch people in as any place I've been."

Yet it would be an injustice to say that UT and Austin are nothing more than shark tanks crammed with movers and shakers. Town and university are just too quirky, pungent, and fun for that. You'll see, if you head up to Antone's to hear Lou Ann Barton growl the blues, or if you sample the chicken fried steak at Threadgill's. Or, advises UT senior Shai Tsur, you can join the undergraduates, graduates, and post-postgraduates who populate Les Amis and other near-campus cafes. "You'll see an awful lot of people drawing out their dog-eared copies of Rilke and smoking unfiltered cigarettes, sitting at the sidewalk so everybody can watch them."

If that's your cup of French roast, go to it. And if, as you do, anyone looks askance at you, just recite the lyrics of our all-time favorite college song, "Didn't Go to College," penned by the city's own redoubtable Austin Lounge Lizards:

I don't care what you think
'Cause I'm as smart as you
There ain't no need for you to
think you're something special
'Cause I didn't go to college
But I could have!

NIGHTLIFE *at places like Jazz (above), 212 E. Sixth Street, burns red-hot, while UT Silver Spurs, cheerleaders burn with school spirit.*

BOB DAEMMRICH

MATT FULLER

THE WORD

- **Best mascot (tie):** Bevo, the 1,500-pound longhorn, 13th in a line that began in 1916. His name? From an old brand of near-beer.
- **Most famous alumni:** Bill Moyers, Lady Bird Johnson, Janis Joplin and Walter Cronkite (neither graduated)
- **A great day's wander:** Start downtown with a Tex-Mex breakfast of *migas*—scrambled eggs, tortillas, and peppers—at Las Manitas (211 Congress Avenue, 512/472-9357). Then drive to campus and explore the South Mall's lovely cluster of Texas limestone classrooms and the Archer M. Huntington Art Gallery's James Michener collection of 20th-century American art. Do the fitness course along Waller Creek that ends at Santa Rita No. 1, the oil rig—moved here from West Texas—that provided funds for UT's first endowment. Then hop back in the car to enjoy a dinner of Southern delights at Threadgill's (6416 N. Lamar Street, 451-5440). Then it's time to drink up blues, R & B, and progressive country at legendary Antone's Nightclub (2915 Guadalupe, 474-5314).

Page 40, Southwest edition, has more.

The Runners-Up

We know. You're not happy. We left out your alma mater. Many here at *Sunset* aren't happy either. We left out their alma maters, too. Therefore, we offer heartfelt apologies to the following 11 runners-up, each of which fits our criteria for what a good college town should be: not (too) big, not boring, way cool.

BELLINGHAM Western Washington
BERKELEY University of California
COLLEGE STATION Texas A & M
CORVALLIS Oregon State
DAVIS University of California
ELLENSBURG Central Washington State
FORT COLLINS Colorado State
MISSOULA University of Montana
PALO ALTO Stanford
SAN LUIS OBISPO Cal Poly
TEMPE Arizona State

What's so great about OLIVE

By Betsy Reynolds Bateson

What's behind the health claims? Is it worth the price? How to choose? Here's a guide

Of all the gifts of heaven to man, it is . . . most precious," wrote Thomas Jefferson of the olive during a 1787 tour of southern France and northern Italy. Since before written history, man has husbanded the olive tree for its fruit and oil—or fat—which along with carbohydrates and protein is one of our three food essentials. In many lands in many times, olives were the basic source of oil in volume.

Olives came to California in 1769 with the Franciscan fathers, who planted the trees as they established the missions. These trees produced seed that gave us the Mission variety, which is still grown today.

NORMAN A. PLATE

NICK SCIABICA *and sons have spent half a century making olive oil in California.*

For well over a century, olives continued to be produced for oil; by 1900 some 400 commercial olive mills were at work in California. Then inexpensive edible oils from corn, cottonseed, and other plants came on the scene and began to push olive oil into the background.

But in the last few years, California olive oil has been reappearing. It's highly touted along with imported oil for its nutritional and health benefits; it has been popularized by the current interest in Italian and other Mediterranean cuisines; and, at a time when locally produced foods are prized, excellent-quality (and costly) olive oil by California makers is much sought after and holding its own alongside pricey imported oils.

In a well-stocked supermarket or fancy food store, you're likely to be able to choose from a dozen or more California olive oils.

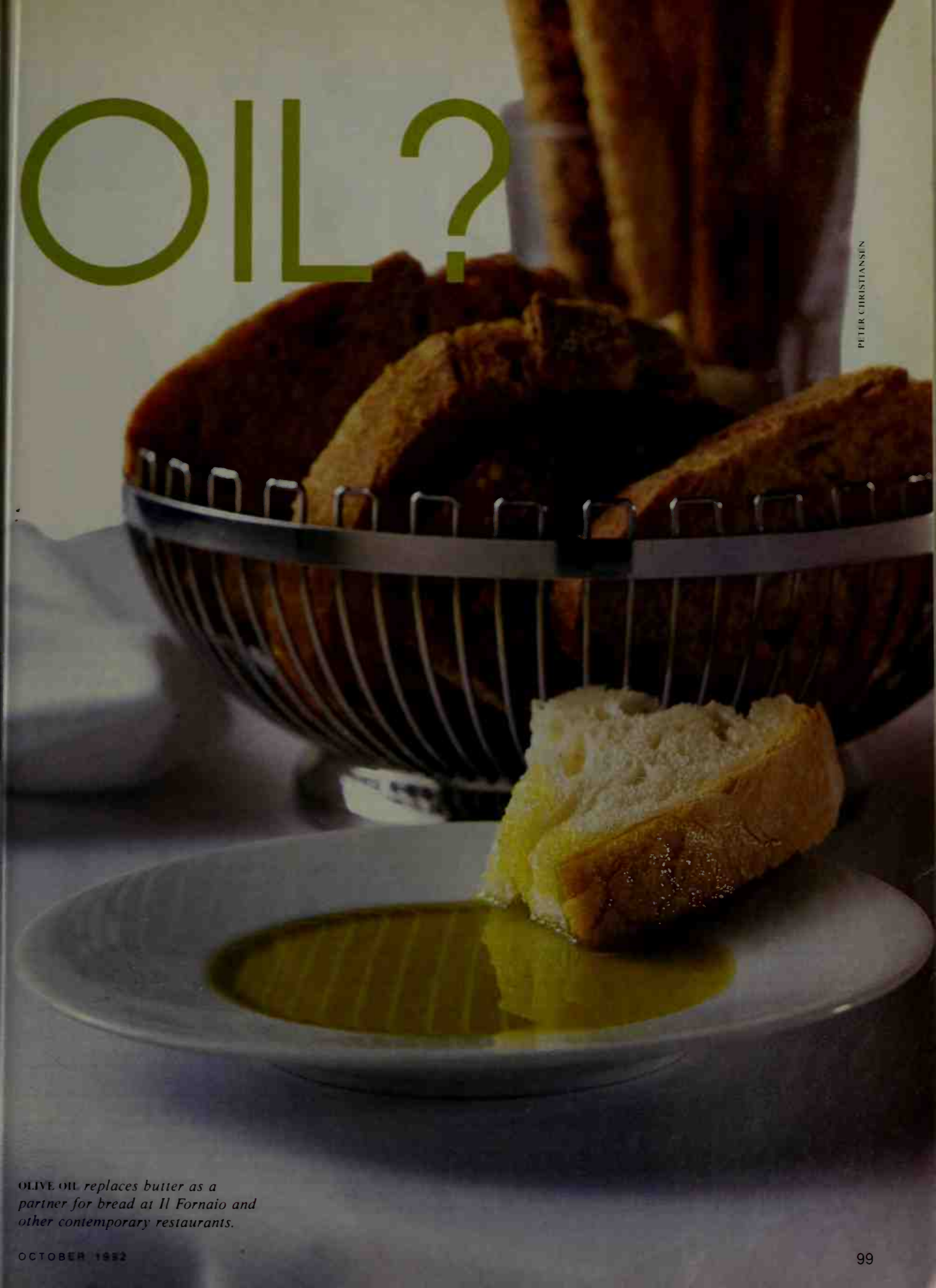
WHAT'S BEHIND THE HEALTH CLAIMS?

In the 1960s at the University of Minnesota, Ancel Keys studied typical diets of people in seven countries, seeking clues to explain the diverse rates of coronary heart disease.

One of the principal differences he pinpointed was the type of fat consumed. In Italy and Greece, where coronary heart problems were much less common than they were in the United States, the total amount of fat eaten was about the same as it was in this country, but the fat consumed there was primarily monounsaturated olive oil.

At that time, the simplistic response in the United States was to switch from saturated animal fat to unsaturated vegetable ones. Polyunsaturated vegetable oils, already established in American households,

OIL?



PETER CHRISTIANSEN

OLIVE OIL *replaces butter as a partner for bread at Il Fornaio and other contemporary restaurants.*

WHAT DOES COLOR TELL US?

Clear carafes reveal the inside story. Our chart gives 18 choices, clear to green

seemed the ideal alternative.

But, more recent research indicates that monounsaturated fats are better than polyunsaturates at transporting cholesterol out of the body.

THE PRESSURE IS ON

During the time that interest in olive oil was on the wane, several California families quietly carried on their oil-making traditions—Nick Sciabica & Sons of Modesto and Jerry Padula in Porterville for more than half a century, and Marino Garbis of Orland Olive Oil Company in Orland for more than three decades.

The Sciabicas and Padula both label and sell some of their own oil. All three pressers custom-produce oils for firms like Corti Brothers Market in Sacramento, Kimberley Wine Vinegar Works, Neiman Marcus, Oakville Grocery Co., Trader Joe's, and Williams-Sonoma.

The pressers also make oil from fruit grown and harvested by others, such as Lila Jaeger's Napa Valley extra-virgin olive oil and Oro Fino Lucque (an olive variety) from Wente Bros., in Livermore.

For limited production, Fritz Maytag, who grows olives, and Tra Vigne restaurant (Olio Santo) in St. Helena both have acquired small presses.

ALMOST COLORLESS *"light" pure imported olive oil has body and neutral taste of vegetable oil.*

YELLOW-GOLD *extra-virgin oil, made in Napa Valley from ripe, late-harvest fruit, has a subtle olive taste that's delicate, fresh, fruity.*

WHAT GIVES OIL ITS FLAVOR?

In California, olives grow primarily in the Sacramento and San Joaquin valleys. Varieties used for oil in Europe are being test-grown in Napa and Sonoma counties.

Each variety has its own subtle fla-

Olive oil	Color	Aroma	Flavor	Aftertaste
Wesson pure (imported)	Clear	Neutral	Neutral	Neutral
Bertolli pure, X, L (Italy)	Pale yellow	Neutral	Neutral	Neutral
James Plagniol pure (France)	Yellow	L fruity-grassy	L fruity-grassy	Mild pepper
Bertolli Classico pure (Italy)	Golden yellow	L fruity	L fruity-grassy	Neutral
Lila Jaeger's X (Calif.)	Golden yellow	L fruity-grassy	M fruity–L grassy	Biting
Nuñez de Prado X (Spain)	Gold	L fruity-herbal	M fruity-grassy	Biting
Sciabica's Sevillano X (Calif.)	Gold	M fruity-grassy	M fruity–L grassy	Pepper
Peloponnese X (Greece)	Deep gold	M fruity-grassy	L fruity-herbal	Biting
Colavita X (Italy)	Deep gold	L fruity-grassy	L fruity-grassy	Biting

Note: X=extra virgin; L=light; M=medium.

PETER CHRISTIANSEN

DEEP GOLD *extra-virgin Sevillano oil (late harvest or blend, Central Valley) has a mellow olive taste.*

GREEN-GOLD *extra-virgin Mission oil balances herbal flavor of early-harvest with smoother late-harvest oil.*

PALE GOLD-GREEN *extra-virgin oil from southern Italy has faint olive flavor that indicates blending—or addition of refined olive oil.*

GREEN *extra-virgin Mission oil has hallmarks of early-harvest oil: deep color, grassy flavor, peppery aftertaste.*

vor and percentage of oil. Fleshy olives favored for eating, like Manzanillo and Sevillano, have lower oil content than the small Mission.

An olive oil's character and quality are determined by the variety of fruit (and, in the minds of many experts, where it's grown), and how the fruit is cultivated, harvested, handled (olives are fragile), and pressed.

Olives for oil can be harvested over several months. Mature green fruit picked in early fall yields oil that is typically green with a slightly sharp to very sharp raw flavor often described as acrid, beany, bell pepperish, grassy, herbaceous, leafy, or woodsy.

Riper fruit (mottled purple-green to black-purple color) is harvested from early winter to early spring, depending on variety. It yields more oil, proportionately, than greener olives. The oil is usually golden in color, fruitier, smoother, and more velvety in flavor

Olive oil	Color	Aroma	Flavor	Aftertaste
Roselle X (Italy)	Deep gold	L fruity-grassy	L fruity-grassy	Pungent
Wente Bros. Oro Fino Lucque X (Calif.)	Deep gold	L fruity-grassy	M fruity	Mild pepper
Star X (Italy)	Green-gold	M fruity-grassy	M fruity-herbal	Pungent
Sciabica's Mission X (Calif.)	Green-gold	L fruity-herbal	L fruity-grassy	Biting
Badia a Coltibuono X (Italy)	L green	M fruity-grassy	L fruity-herbal	Biting
Williams-Sonoma X (Calif.)	L green	M fruity-grassy	M fruity-grassy	Biting
Olio Santo X (Calif.)	L green	L fruity-grassy	M fruity-grassy	Pungent
Neiman Marcus X (Calif.)	L green	M fruity-herbal	M fruity-grassy	Pungent
Kuleto X (Calif.)	Green	M fruity-herbal	M fruity-herbal	Pungent

WHICH OLIVE OIL TO CHOOSE?

Deciphering the label can help

and mouth feel than early-harvest oils.

Olive oil made exclusively from a specific harvest period may have this information on the label. Producers often make oil from several harvests through a season, then blend them to achieve a spectrum of flavors. To many, the softening effect of late-harvest oils benefits early-harvest oils, and late-harvest oils are enlivened by the vigor of early oils.

HOW IS OLIVE OIL MADE?

Olives are crushed with their pits to make a thick paste called mash, which is either pressed or centrifuged to separate the oil. Traveling with the oil are solids and some watery liquid. The pressed mixture stands until the oil floats to the top and is removed. Centrifuged oil is centrifuged a second time. This oil is then aged three to six months to mellow a natural bitterness that comes from oleuropein phenolic (a glucoside that produces a bitter taste similar to that found in raw artichokes and walnuts).

PROLIFERATION *of olive oils, from $3 to 10 times more for the same amount, is standard in markets.*

HOW EXTRA IS EXTRA?

Legal definitions for olive oil grades come from the International Olive Oil Council in Madrid. There are no regulatory agencies, however, so the definitions are often compromised.

Oil is evaluated by two subjective measures, smell and taste, and by the scientific measure of free oleic acids (the predominant fatty acid in olive oil). Grade differences are based on the latter. When fatty acids break away from the oil structure (which happens, for example, if water gets in the oil) they have an unpleasant taste.

If olive oil has 1 percent or less free oleic acids, it is *extra virgin*—the top grade. If it has more than 1 but no more than 3.3 percent of these acids, it's *virgin* olive oil. *Pure* olive oil is a blend, with no more than 3.3 percent acidity. Oils with more than 3.3 percent acidity are *refined* with a process that uses heat and makes them neutral in color, flavor, and aroma. To give such oils more personality, they are blended with extra-virgin or virgin oil and sold as pure olive oil or, more frequently, as just olive oil.

Because extra-virgin oil delivers the best flavors, it commands the best price. There is much unregulated temptation internationally to dilute extra virgin with refined oils, labeling

Where olives were grown. *On imported oils, may identify where oil was bottled.*

Cream of the crop, *with 1 percent acidity or less. Next is virgin, then pure (a blend of refined and virgin oils), then refined olive oil.*

Redundant *if extra-virgin or virgin olive oil, which are never refined.*

Again, redundant *if extra-virgin or virgin olive oil.*

To distinguish from *refined olive oil, which is treated with heat and chemicals. Only pomace oil (pomace is residue of pressed olives) is chemically extracted.*

Confusing, *as no heat is used when crushed olives are pressed (or centrifuged) for oil. Heat is used only if oil is refined.*

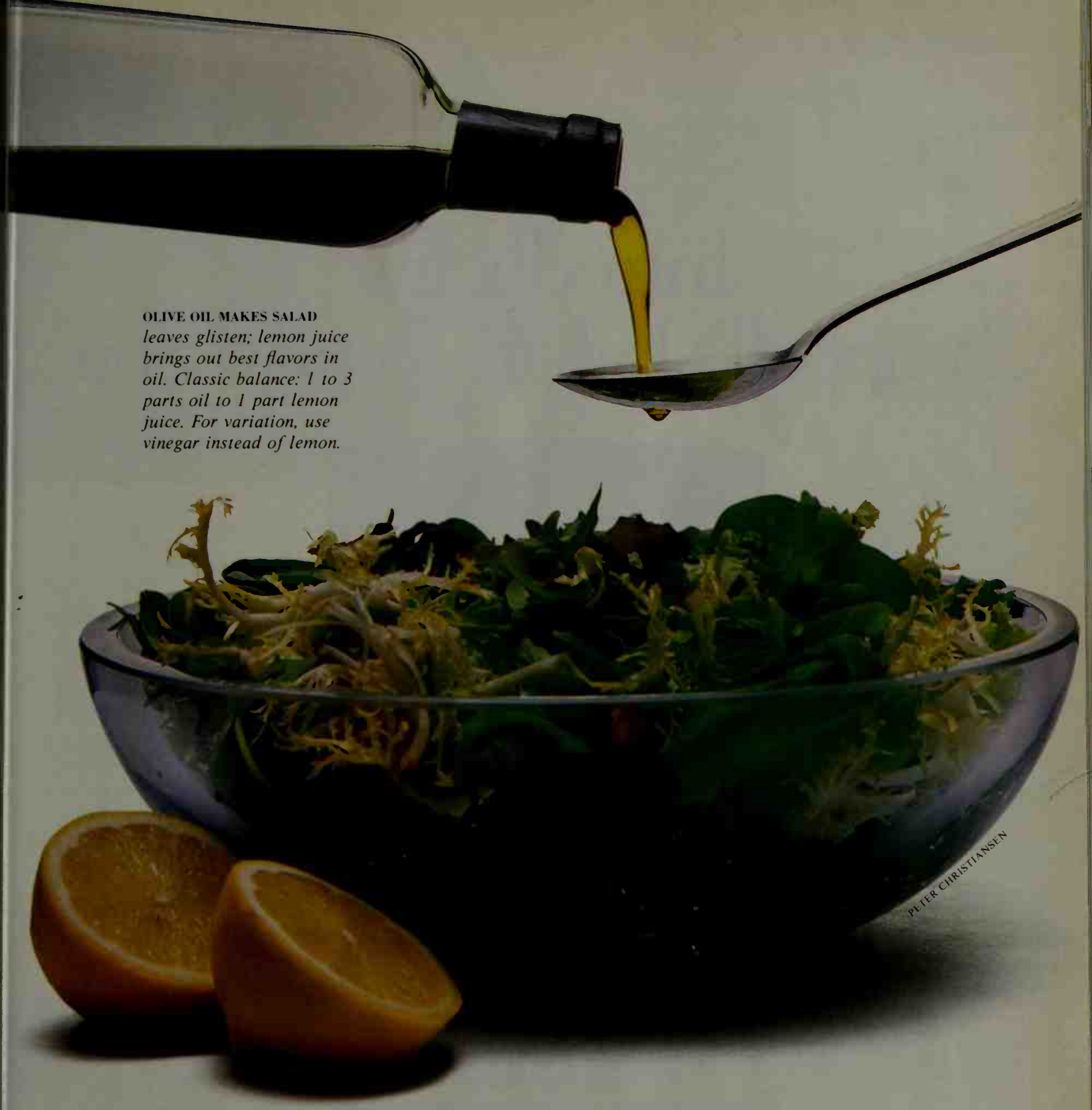
Unnecessary hype. *Like all fruits and vegetables, olives and their oil have no cholesterol.*

Variety of olives used. *In California, Manzanillo or Sevillano are often used for oil.*

Mature green olives *picked in fall make green early-harvest oils. Fruit can be picked anytime until fully ripe and almost black. Late-harvest oils are golden.*

Amount of free oleic acids *in olive oil. International standard for extra-virgin olive oil is 1 percent or less.*

Good advice. *Both hasten deterioration (rancidity).*



OLIVE OIL MAKES SALAD *leaves glisten; lemon juice brings out best flavors in oil. Classic balance: 1 to 3 parts oil to 1 part lemon juice. For variation, use vinegar instead of lemon.*

PETER CHRISTIANSEN

the results extra virgin. Of California-produced olive oils, only extra virgin is presently sold at retail.

What about olive oils with *light* on the label? They have the same number of calories as any olive oil, but they are refined specifically to make them taste like mild vegetable oils.

WHICH OLIVE OIL TO BUY?

As in selecting wine, only your own preferences really count. The chart on pages 100 and 101 will help you choose. Of our taste panelists, about half were food professionals, half novices; their reactions were remarkably similar, though preferences differed.

For the clearest impression, dip a chunk of bread into the oil and taste. For seasoning salads, vegetables, sauces, and breads, any olive oil with a taste you like is the obvious choice.

For cooking, pure or refined olive oil works well; using extra-virgin oil is extravagant, as heat lessens its flavor.

Good-quality olive oil is quite stable compared with polyunsaturated oils. Kept airtight in a cool, dark place, unopened olive oil stays fresh-tasting up to two years; refrigerated, it turns cloudy and solidifies. At room temperature, the oil clears, but frequent chilling and warming start a breakdown that leads rapidly to rancidity.

Once opened, olive oil keeps longer than polyunsaturated oils because it doesn't bind as easily with oxygen atoms, which cause rancidity. Tightly close oil for storage and keep in a cool, dark place; it should stay fresh for six months to a year. Don't add new oil to a used oil container, or to a clean, damp one. Old oil and water both speed deterioration. ■

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Sautéed Chicken Breasts

PREP TIME: 5 MIN. **COOK TIME: 20 MIN.**

2 tbsp. all-purpose flour
1/8 tsp. pepper
4 skinless, boneless chicken breast halves
2 tbsp. vegetable oil
1 can (11 1/8 oz.) Campbell's® NEW Italian Tomato Soup
1/2 cup water
Hot cooked noodles

1. On waxed paper, combine flour and pepper. Coat chicken lightly with flour mixture.
2. In skillet, in hot oil, cook chicken 10 min. or until browned. Remove; set aside. Spoon off fat.
3. In skillet, combine soup and water. Heat to boiling. Return chicken to skillet. Cover; cook over low heat 5 min. or until chicken is no longer pink, stirring often. Serve over noodles. Garnish with fresh basil and serve with grated Parmesan cheese if desired. 4 servings.

Sloppy Joes

PREP TIME: 5 MIN. **COOK TIME: 10 MIN.**

1 lb. ground beef
1 can (11 1/8 oz.) Campbell's® NEW Italian Tomato Soup
1/4 cup water
2 tsp. Worcestershire sauce
1/8 tsp. pepper
6 hamburger buns, split and toasted

1. In skillet, cook beef until browned, stirring to separate meat. Spoon off fat.
2. Add soup, water, Worcestershire and pepper. Heat through, stirring often. Serve on buns. 6 servings.

Oven Glazed Chicken

PREP TIME: 5 MIN. **COOK TIME: 1 HR.**

4 chicken breast halves or 4 chicken legs
1 can (11 1/8 oz.) Campbell's® NEW Italian Tomato Soup
1 tbsp. water
1 tbsp. vinegar
1 tbsp. Worcestershire sauce
1 tbsp. packed brown sugar

1. Remove skin from chicken. In 2-qt. oblong baking dish, arrange chicken. Bake at 375°F. 30 min.
2. Combine remaining ingredients; spoon over chicken. Bake 30 min. or until chicken is no longer pink and juices run clear. 4 servings.

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Welcome to the West's best rooms

19 winners of our first Interior Design Awards

by Daniel P. Gregory

MARK DARLEY

Judging from the 324 entries in *Sunset*'s first-ever search for the West's best interior designs, announced in the April issue, Westerners ask a lot of their homes. They want the kitchen to be a family-living room. They want the bath to be a decompression zone. They want to bounce on the furniture. They want rooms furnished to fulfill their fantasies, and to fulfill pure function—not uncommonly many functions at once. They want comfort and craftsmanship.

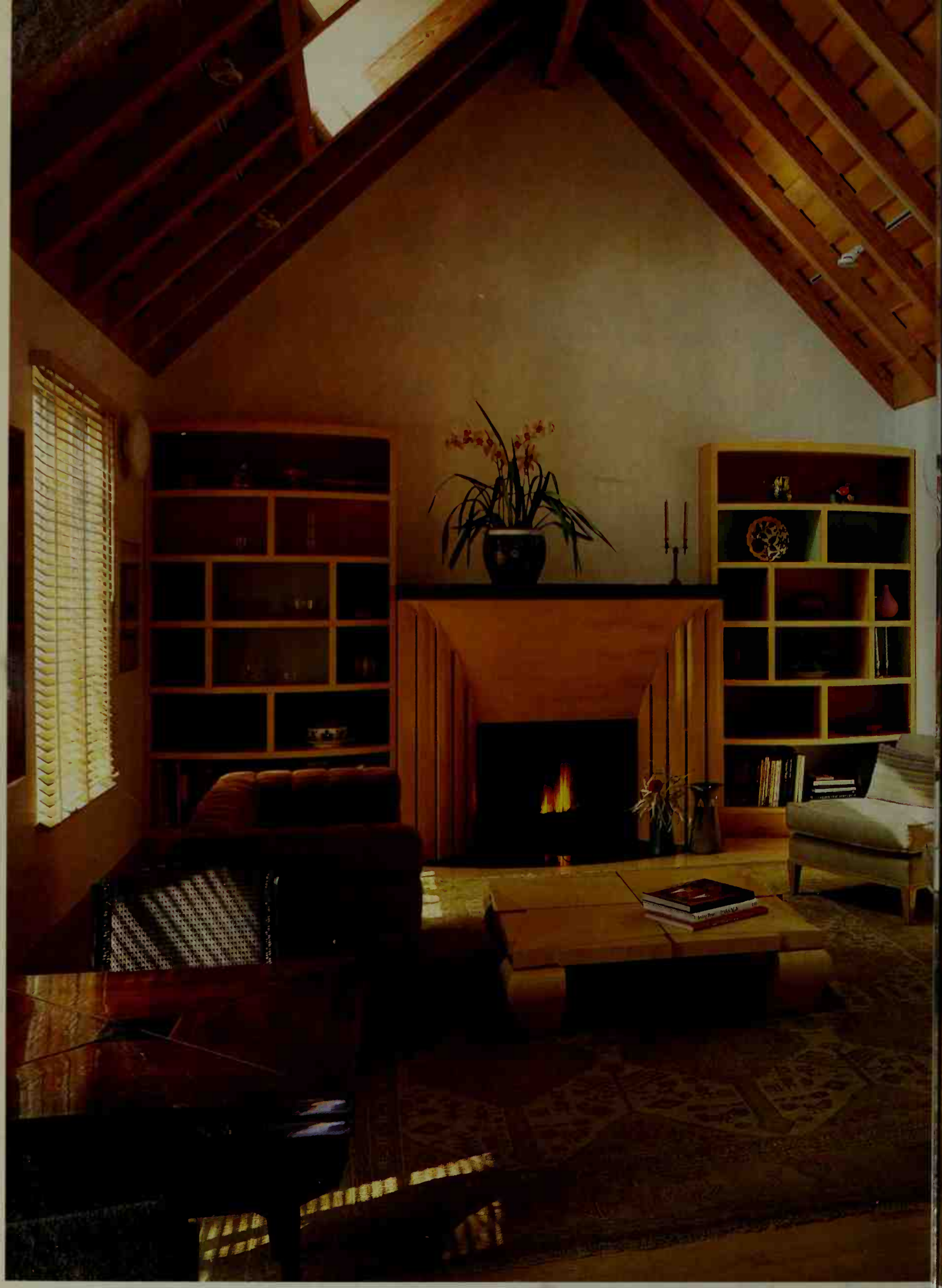
Entries from across the West challenged our jurors (identified on page 6). On the following pages are their picks for interior design excellence. Do you see a room you'd like to come home to?

AWARDS

HONOR
Worth study by the profession

MERIT
Outstanding example of today's interior design

SPECIAL
Notable for a specific aspect



It won for its elegant theatricality

TIM STREET-PORTER

Interior Design

HONOR AWARD

Architects
R. Scott Johnson and Margot D. Alofsin

Johnson Fain and Pereira Associates

Los Angeles

The jury loved this house. "Take a look!" exclaimed juror Heidi Richardson. "There's more and more and more to it. They had the courage to make a theatrical statement." Juror Ron Rezek noted, "It looks like French deco. Neat to see historical inspiration from a different place." The seamless flow of the interiors and the subtle way they recall earlier periods of modern design, without appearing to be reproductions, won rave reviews.

The owners, an active empty-nest couple interested in music and collecting art and decorative objects, asked the architects for a setting that "would meld past and present." Homeowners and architects achieved an elegant backdrop, especially in the living room, where the piano, the vivid poster, and the granite mantel stand out against the light tones of the maple fireplace and the pitched oak-and-fir ceiling.

Rounded and angled like a piece of furniture, the fireplace flanked by built-in bookshelves fits the room's scale and creates a focal point. Hues inside the box shelves are compatible with colors of the Czech and French glass, and American Arts and Crafts and contemporary ceramics displayed. Beiges and yellows in the carpet and upholstery extend the palette of natural wood tones.

The curving sapele- and cherry-paneled stair recalls interiors of French ocean liners of the '30s. Colored tiles frame the window like ceramic drapery.

—D.P.G.

The best little bistro kitchen

MICHAEL BRUK

Some rooms just sing. This elegant sliver of a kitchen croons, "I left my heart in San Francisco." But here, it's the cabinets that climb halfway to the stars. With its black-and-white marble tiled floor, tall white walls awash in daylight, and clean-lined contemporary counters and cabinetry, the 9-foot-wide space won unanimous praise from the jury. Rezek summed up the group's reaction: "It's simply the greatest little closet kitchen. It looks like a little bistro."

San Francisco architects Catherine Armsden and Lewis Butler borrowed setback space from one side of their Victorian row house to add this kitchen. Open through a wide arch on one long side, it's a bright corridor of daylight adjoining the dining and family rooms. A skylight runs the 16-foot length of the room.

Deft choices of materials and finishes contribute to the bright, elegant appearance. The glass cabinet doors, the unusual wire-glass backsplash, and the stainless steel that wraps the island and faces the appliances all reflect light. The marble tile floor and black marble island top look related to the house's original antique elements. The airfoil-shaped curve of the island and display niches above the cabinets recall arches and curves elsewhere in the house.

—D.P.G.

Interior Design

HONOR AWARD

Architect-owners Catherine Armsden and Lewis Butler

San Francisco

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"There's a cool warmth to it"

If interior design were a form of Olympic gymnastics, this house would score a 10 on the balance beam. For, as juror Marcia Johnson said, "This is a completely resolved, well-balanced interior." The judges appreciated the skill with which architect-owner Bernardo Urquieta integrated spatial organization, daylight, scale, texture, and color. Rezek explained, "There's a cool warmth to it—and that's difficult to achieve."

Interior Design

HONOR AWARD

Architect
Bernardo Urquieta
San Francisco
for
Kathleen Smythe de Urquieta

PETER CHRISTIANSEN

The crisp contemporary spaces—with display platforms and a stairway rising behind the elegant freestanding fireplace—are softened by the furnishings. And furniture is carefully scaled to the fireplace and the platform stair.

Warmth comes from leather and laminated wood chairs, the coffee table designed by Urquieta and made of aromatic California nutmeg, the antique gilt mirror, and the wheat-colored sisal carpeting.

Wall sconces, also Urquieta's design, use sheet metal, bronze tubing, and Japanese rice paper. For the walls, Urquieta applied plaster, then a yellow-tinted wax to create a smooth, handcrafted, light-reflecting texture. *—D.P.G.*

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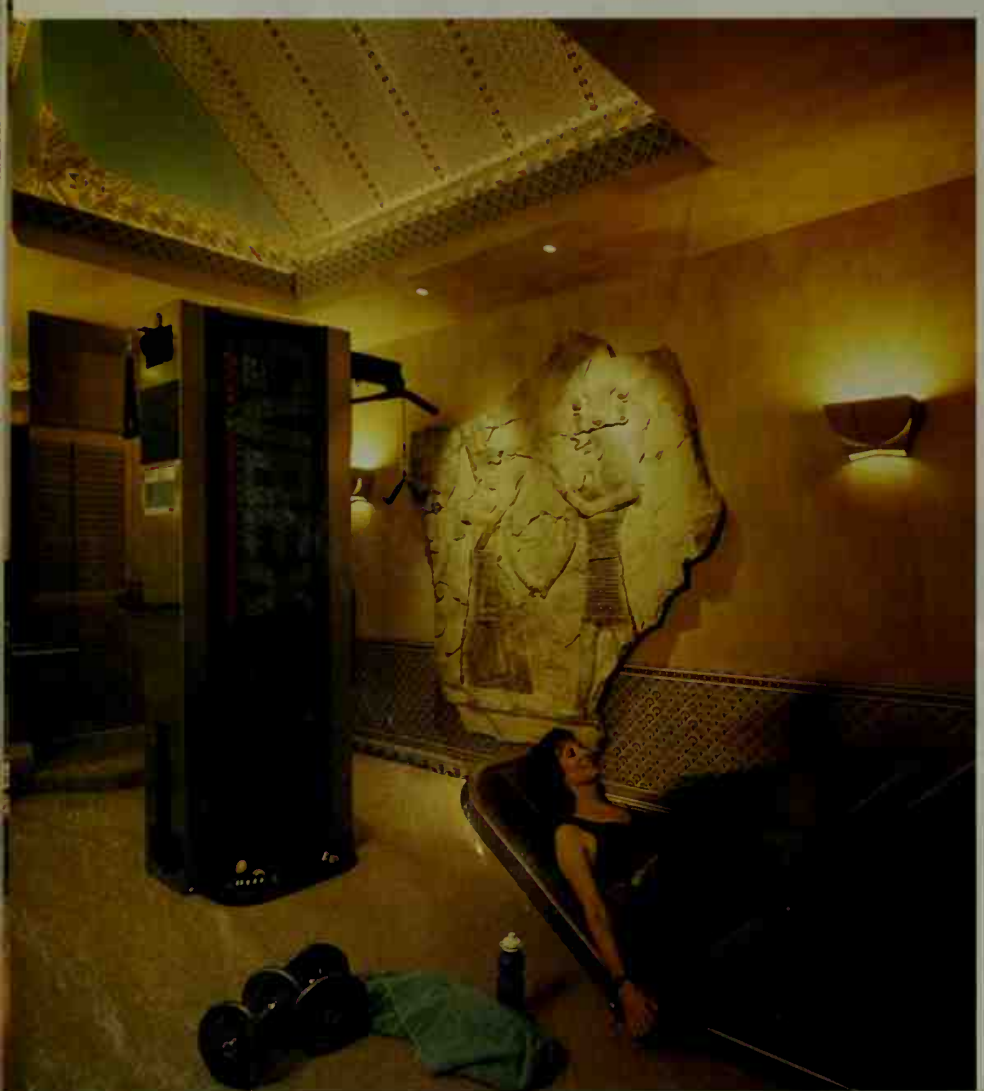
Home gym, circa 1200 B.C.

Enter the shrine of Cybex, Egyptian goddess of exercise. In one of the more unusual and creative accommodations of interests seen by the jury, designer Suzy Schradle-Walker and Jim Walker combined their passion for ancient civilizations with their practice of weight training. Their fantasy exercise room lets them pump iron in the cradle of civilization. Textured walls have Moorish-style arched windows. Carpet resembles raked sand. The remarkable ceiling vault decoration was achieved with 20 patterns of Victorian-style wallpaper—dissected, rearranged, and pieced together to create the effect of a mosquelike mosaic.

The fresco, found in a showroom, inspired the project; it's a faux concrete reproduction of a wall in the Tomb of Ramses III, showing him greeting the god Ptah in the afterlife. This is fitting, as "ptah" is the sound one can't help but make when completing a clean and jerk with free weights.

Tut, tut, you say. All this for the two of them? To share it with friends, they center a dining table under the vault's ceiling fan.—*Bill Crosby*



PETER CHRISTIANSEN

Interior Design

SPECIAL AWARD FOR A HOME GYM

Suzy Schradle-Walker

San Jose

for

Suzy Schradle-Walker and Jim Walker

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ANN SUMMA

Crayon colors fit a family room

"Here's a family room that's really a family room," Richardson said about this informal space opening onto a rear garden. "Let's throw this one in for the kids." In fact, architect Steven Ehrlich designed it with his clients' three young children firmly in mind. The room, adjacent to the kitchen, functions as a home theater, with a built-in big-screen television dominating one wall.

Drawn up around the screen like big, happy cartoon characters enjoying a friendly game of fish are four custom-designed curved-back armchairs, perfect for bouncing on when parents aren't looking. Rezek praised the choice of furniture: "It's nice having all those chairs instead of a sofa. It gives you greater flexibility in the way you can use the room."

The other furniture and finishes continue the playtime theme. A low table made of Finnish plywood has safe rounded edges and is just the right height for crayoning in front of the television. A second table, for informal dining, reminded the jury of tables in kindergarten classrooms. It has a cartoon yellow–stained top. Around it are springy red plywood cut-out chairs designed by Greg Fleishman.

Deep blue linoleum flooring from the Netherlands sets off a geometric Tibetan rug placed in the entertainment area. All the built-in cabinetry is rift-sawn cherry, stained deep red.—*D.P.G.*

Interior Design

SPECIAL AWARD FOR A FAMILY ROOM

Steven Ehrlich Architects
Venice, California
for
Jean Gold and John Friedman
Santa Monica

Comfort in an industrial loft

PETER CHRISTIANSEN

Interior Design
MERIT AWARD
Margie Herron
San Francisco

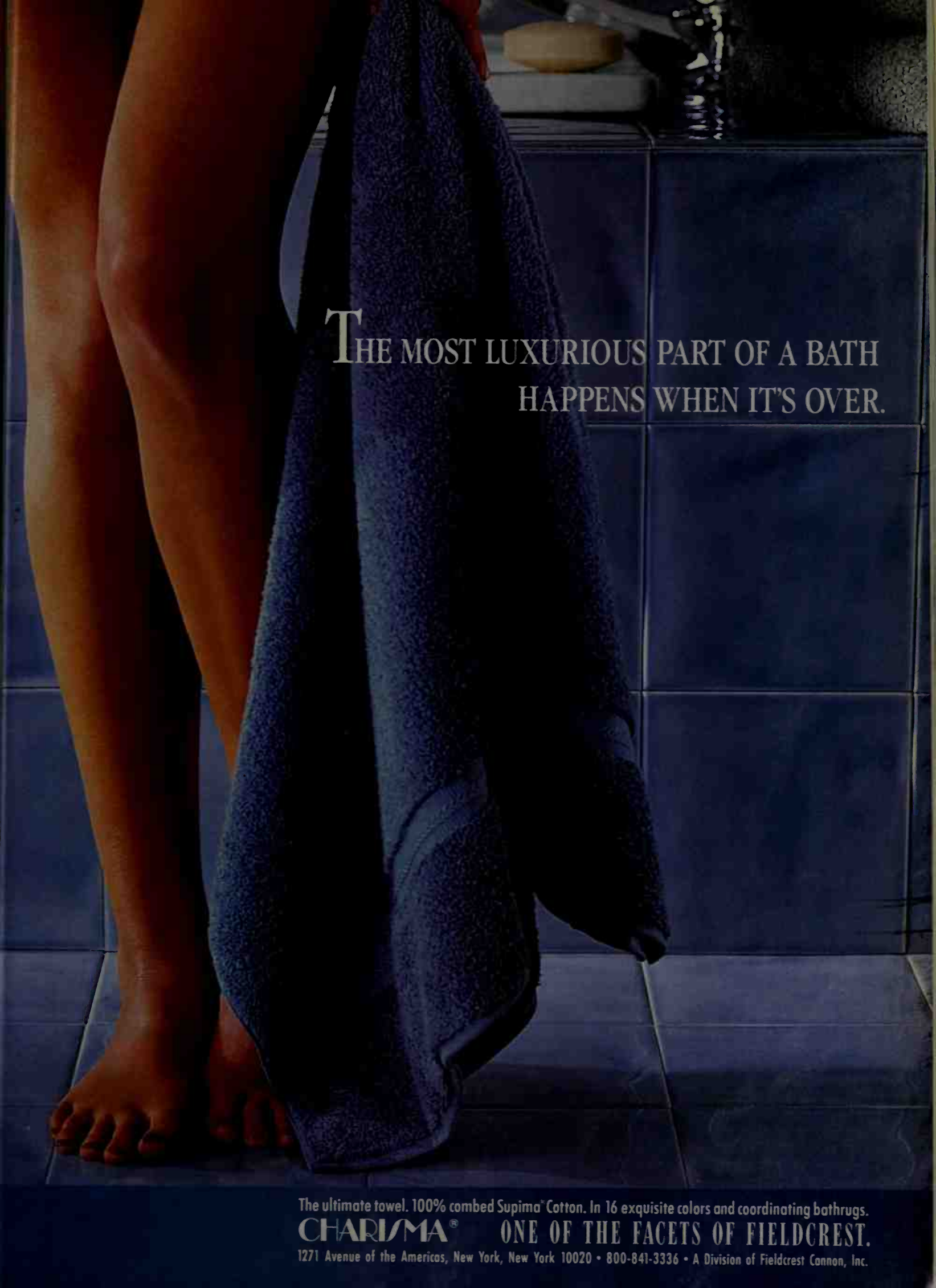
Style magazines love factory-loft conversions. The tall spaces, rough walls, and abundant daylight create photogenic backdrops for skeletal fashion models or bony avant-garde furniture. But it's hard to imagine wanting to live full time in such an arty and anorexic environment. Margie Herron's loft is different.

Here you can sink into the sofa and snooze without guilt. The jury liked this loft because it didn't try to get too high-falutin and "la-di-done." In Richardson's words, "The owner didn't worry about the warehouse backdrop, but instead created a nice feeling of contrast between the soft sofa and chairs and the rough concrete walls." Rezek was also drawn to "the cross-pollination of industrial and comfortable."

ALAN WEINTRAUB

Though the building is a former tobacco warehouse (remodeled by David Baker Associates Architects), Herron bypassed high tech, and opted for a softened atmosphere of comfort and elegance. To mix with antiques, she selected a washable cotton damask slip-covered sofa and chairs from a specialty furniture store, and a reproduction neoclassical dining table and chairs from a department store.

Tapestry pillows enhance the inviting squashiness of living-area seating. Examples from Herron's candelabra collection add romantic accents.—*D.P.G.*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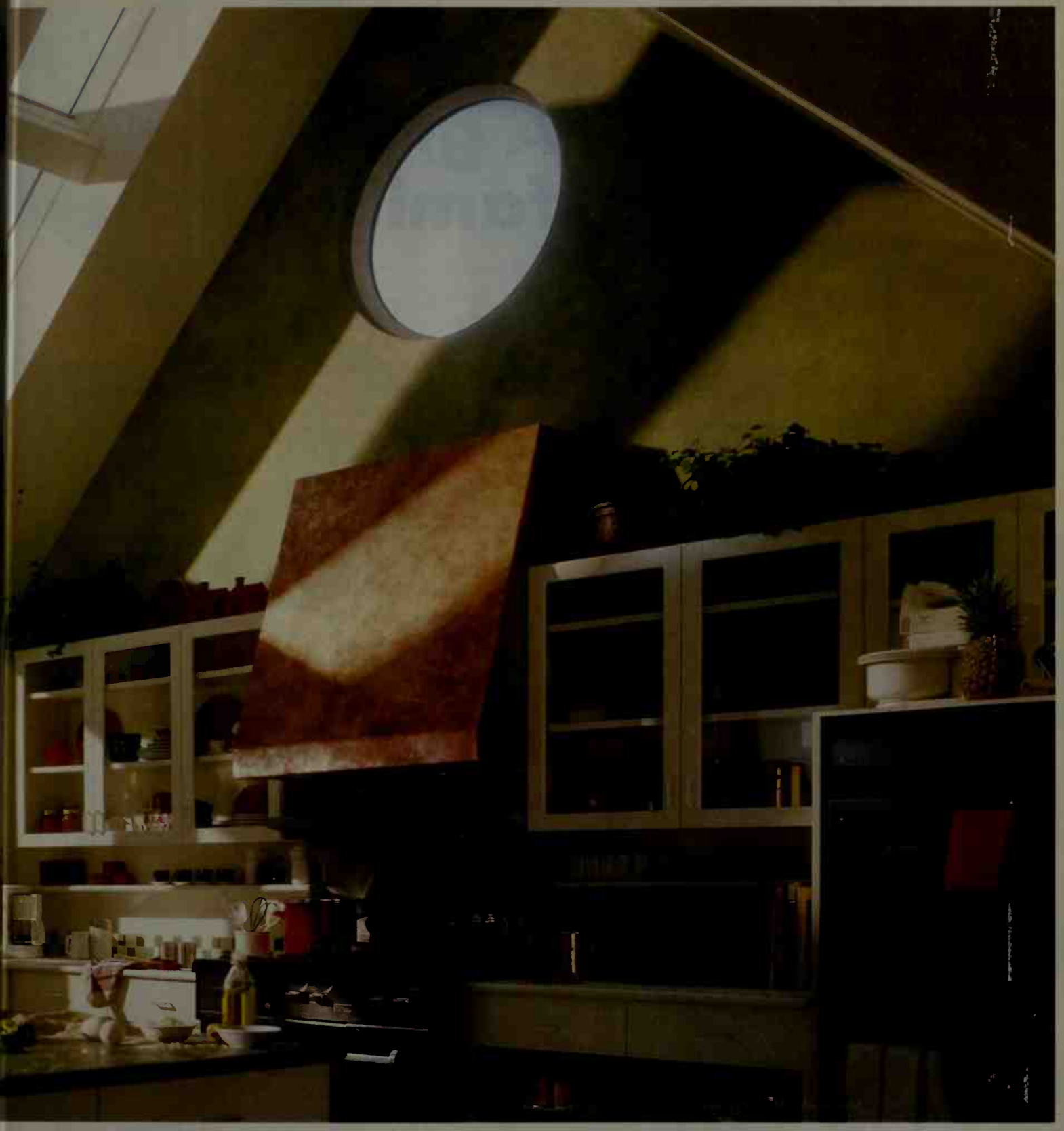

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A great family kitchen

Interior Design

MERIT AWARD

Lou Ann Bauer

Bauer Interior Design

San Francisco

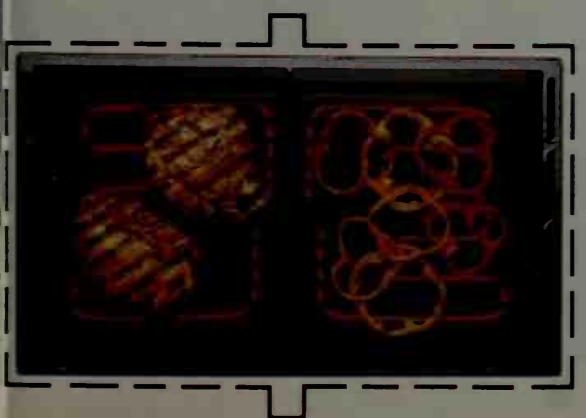
It's a scene and a half. Rap music blasts from the CD player while the whole family jokingly gets in the way of lunch preparations at the cooktop. But it's not just a show for the photographer. This kitchen–family room is where everyone genuinely wants to be.

MARK DARLEY

As juror Tim Street-Porter explained: "It's wonderfully warm and welcoming, friendly." Richardson agreed: "It's a kitchen elevated to living room." Earthy red-orange walls and rich verdigris ceiling squares, prominent display areas for the owners' collection of Mexican and Italian figures, and carefully planned activity centers—organized around cooking, eating, deskwork, and relaxing—draw family and friends (and jurors) with the power of an electromagnet.

Interior designer Lou Ann Bauer established an Old World ambience with a large copper-hooded cooking island; it's like a heart-of-the-kitchen medieval hearth. An existing Victorian-era fireplace is now a pedestal for an earthenware jug.

Cabinetry has a furniture look, with molding and brackets, and details such as door pulls made from fish-handled wood letter openers found at an import store.—*D.P.G.*



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Interior design

SPECIAL AWARD FOR DECORATING

Designer-owner David Duncan Livingston

San Francisco

"Quirky, inventive . . . and pretty" were the words the jury used to describe interior designer and architectural photographer David Livingston's own 600-square-foot apartment on San Francisco's Telegraph Hill. They liked his eye for decorative composition. He says his approach is "studied and random, playful and historical."

You could also say he's simply wearing both career hats at once and creating still-life photography you can comfortably inhabit. In the bedroom, for example, he composed a scene of a black steel canopy bed (his own design), pale blue and white painted wall stripes, a tall 19th-century pine storage chest—acquired from an antiques cooperative, then whitewashed and waxed—and a broad-shouldered mahogany and chestnut chair inherited from his grandmother. With light streaming through the gauzy curtain—made of wedding-dress lace from a fabric outlet—the room resembles a summery cabana at a *belle époque* French beach resort.

Livingston arranged smaller still lifes throughout the apartment as a way to organize and display his collections. Some are themed, like the map corner above, which includes a cartographic lampshade and map-covered puzzle cubes. Some simply combine random elements, like the assemblage of contemporary house-shaped paperweights made of colored glass and the ornate gilt-framed antique mirror at right.—*D.P.G.*

DAVID DUNCAN LIVINGSTON

Home office in a daylight basement

Functional flexibility, in both furniture and spatial organization, attracted jurors' attention to the redesign of this daylight basement in a hillside house (also shown on our cover). The owners, both professors, wanted to replace three small bedrooms with two home offices that could also serve as sleeping quarters for guests. Architect Sam Davis replaced interior walls with sliding screens and designed two freestanding multipurpose storage cabinets that move on rollers.

Distant city views suggested the distinctive skyscraper shapes of the birch plywood–and-steel cabinets. They are wired for electricity and hold lighting, display and storage space, and bookshelves. One side of each cabinet is hinged and folds down to become a temporary desk, as shown in the upper photograph.

Custom-designed shoji panels—made of wood and sandblasted glass—follow the lines of the old interior walls, making it possible to keep the space open or to divide it into areas for working, sitting, and sleeping.

Davis kept details simple, and accented the warm natural tones of the maple cabinetry with deep red and blue-green hues of a closet door and built-in box shelves. To unite the room visually, he used red, gray, and white stripes—in chair fabric, and painted on cabinetry and floor.—*D.P.G.*

PETER CHRISTIANSEN

Interior Design

MERIT AWARD

Davis & Joyce Architects
Berkeley
for
Lenore and Manuel Blum
Berkeley

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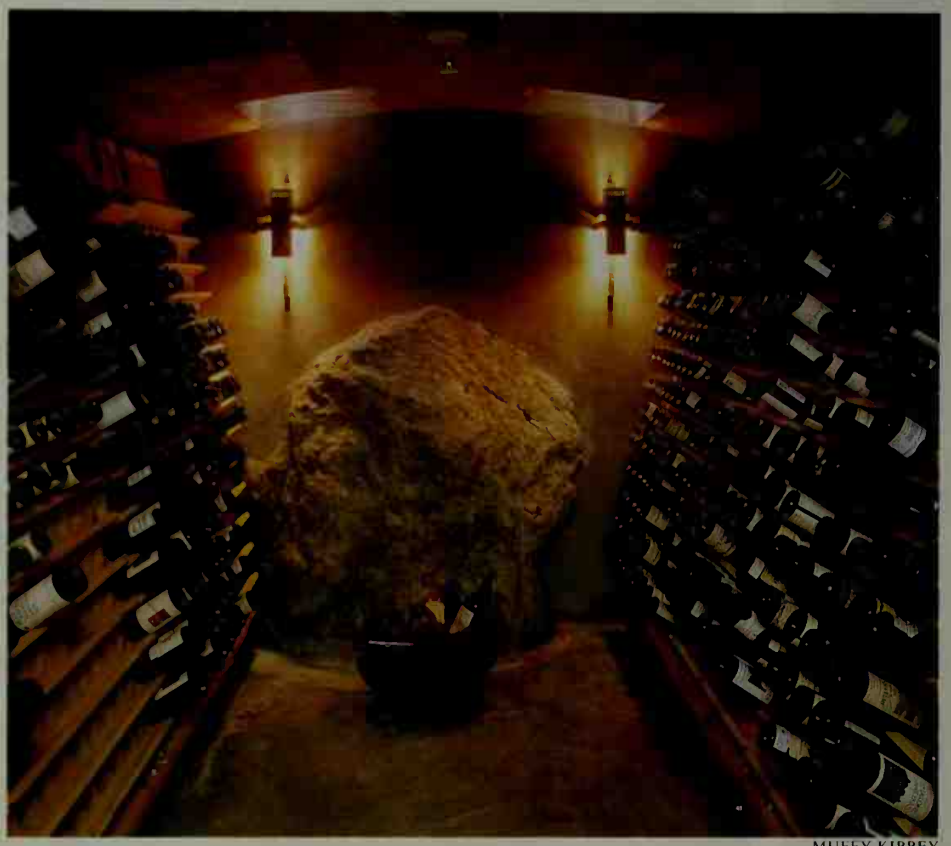
It's a shrine to wine



MUFFY KIBBEY

Interior Design
MERIT AWARD
Shakespear-Burns Architects
Berkeley

The jury uncorked this room and drank deeply from it. Actually, they savored its elemental simplicity and elegant finish. "I've never seen a wine cellar as wonderful as this," said Street-Porter. "It's a jewel in the rough," juror Mary Ord added.

Indeed, with its gently arching concrete vault pierced by twin skylights, romantic copper light fixtures, parallel walls of bottle-filled angled wood racks, and on-site boulder thrusting through the concrete end wall, it seems to embody the age-old magic of wine itself.

Architect Michael Shakespear added the underground wine cellar as part of a remodel and seismic upgrade. The room shows technical finesse in his design for double-deep bottle racks that slide on tracks like library stack systems.—*D.P.G.*

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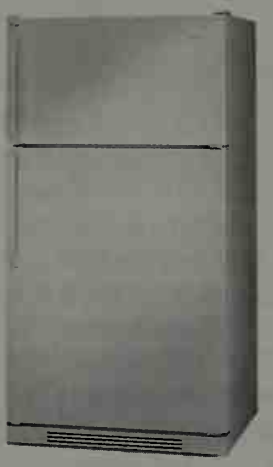

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DAVID DUNCAN LIVINGSTON

Interior Design

SPECIAL AWARD FOR MATERIALS

Lou Ann Bauer

Bauer Interior Design

San Francisco

for

Anne Neeley and Mike Carney

Mill Valley, California

Kitchen design is like cooking: ingredients are important, but it's how you blend them that makes for memorable results. This remodeled kitchen won jurors' praise for "creative and original combination of complementary materials and colors."

Interior designer Lou Ann Bauer used maple, ceramic tile, and glass, and treated each material as a band of color. All cabinets are maple. Lower fronts are natural, while upper ones are colored with paprika red aniline dye. Glass panels catch the light. Green, white, and patterned tile tie the composition together.—*D.P.G.*

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A word from the entrants

You don't need to be an award winner to have important things to say about shaping the Western home interior. Indeed, with more than a thousand pages of descriptive text accompanying the 324 entries, *Sunset*'s first Interior Design Awards program turned out to be a remarkable poll on how Westerners turn houses, condominiums, and apartments into homes.

Entrants were as diverse as the West itself: young couples establishing their first homes, empty nesters moving from suburban houses to city apartments, aircraft brokers who rarely come home, and retired mathematics teachers who rarely leave it. They all offered insights into the process of making comfortable and personal interiors. Here's what their letters told us.

Westerners rise to a challenge. For Karen and John Tietjen of Orinda, California, the challenge was keeping to a strict budget.

John teaches high school, and Karen is at home with their 3-year-old. She described an all-too-familiar situation: "It's a challenge to have a home we can be proud of and the family life that makes it a *home,* in an age when real estate is so expensive and the recession is a constant threat to our dreams."

They wanted to brighten and update the kitchen of their 1958 tract house for no more than $10,000. Karen kept on budget by spray-painting cabinets and purchasing new appliances the same size as the originals.

Westerners are resourceful. Krista and Nick Desatoff of La Habra, California, hit upon an inventive approach to their kitchen remodel: "The maple wood cabinetry and pantry are freestanding to create a furniture look. This not only allows us to rearrange our kitchen but also allows us to mix in various furniture pieces."

Westerners can do it themselves. While seven months pregnant, Kelly Marshall of Novato, California, decided to spruce up the baby's bedroom with a carousel mural, though she had no previous painting experience. She made transparencies from a book illustration, used a projector to transfer the image to the wall, and traced it in pencil. She completed the scene with fumeless acrylic paint.

San Diego designer Charles Ramsey recalled this about his 1950s-era tract house: "An ugly gas heater was the first thing you saw when you entered the front door." So he covered the heater with lengths of 1-inch-diameter galvanized electrical conduit joined with threaded rods to create a decorative radiator that is also a contemporary sculptural screen.

Westerners respond to the region. Pamela and Donald Thornlow of Ketchikan, Alaska, took their area's annual 15-foot rainfall and harsh 100-mph winds into account when adding their new master bedroom suite. They wanted a sense of light and space along with a cozy feeling. Vinyl-clad windows and a triple-latching door to the deck provide daylight as well as defense against the elements; a cathedral ceiling lends spaciousness.

Geography influenced other Thornlow decisions. "It was a long process to create this room," Pamela wrote. "Living on an island in a community of 14,000, with no access except by boat or plane, one can't run down to the store for everything." She became a pro at catalog shopping to find just what she wanted.

Westerners appreciate history. Woodinville, Washington, homeowner Camille Keefe wanted to display jewel-toned family treasures, including an antique Oriental rug and both grandmothers' sets of fine china. She wrote, "My mother, a former department store window decorator, helped me select neutral colors and subtle patterns as noncompeting backdrops."

Jean and William Heizer wanted their passive solar house near Baker City, Oregon, to reflect the area's rural history. To adorn one interior wall, they collected dozens of old farming tools, including a scythe, a crosscut saw, a corn seeder, and a fly duster.—*D.P.G.*

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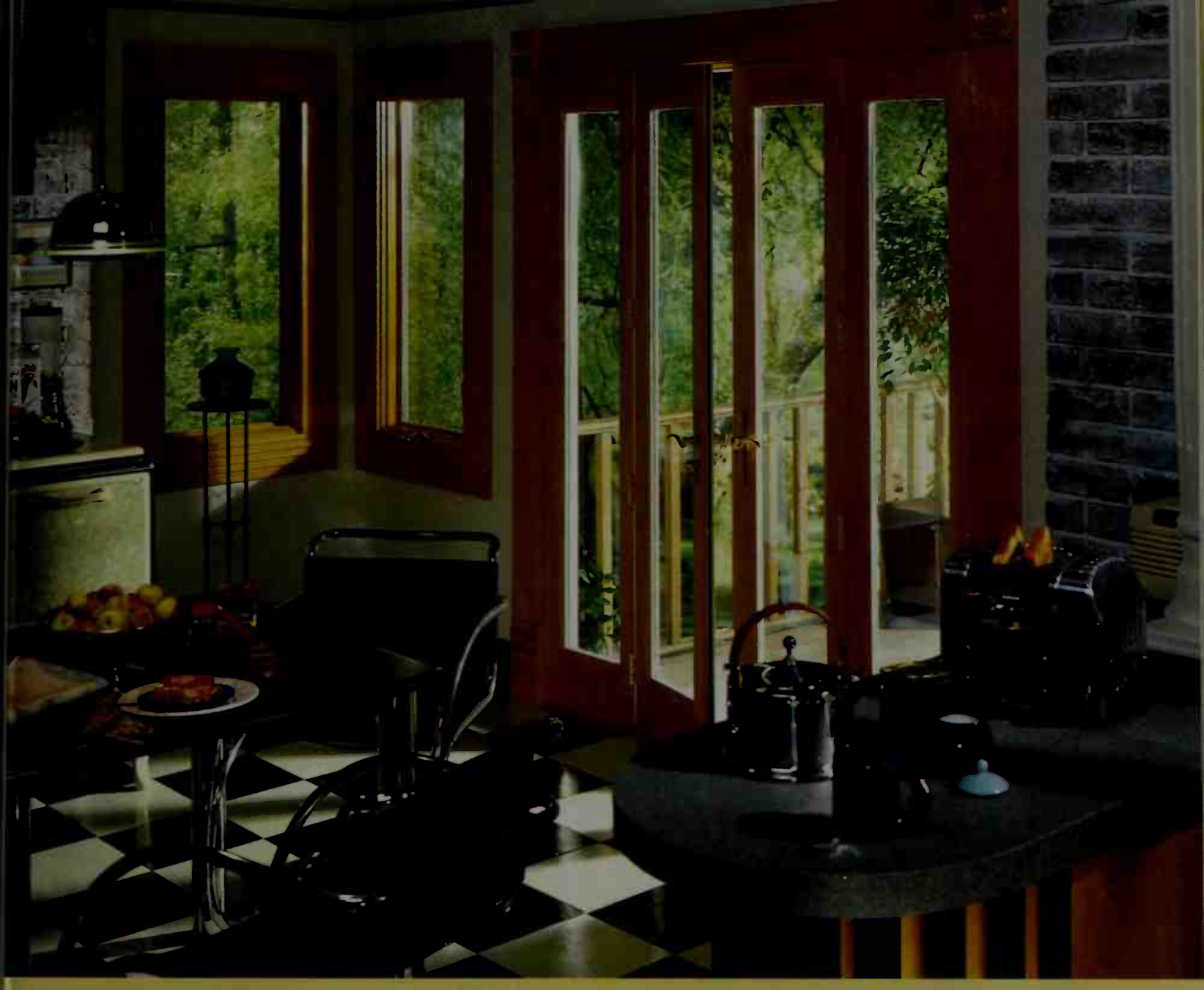

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Interior Design

MERIT AWARD

Designer-owner
Joe Lino Beserra

Hollywood, California

"Welcome to Cocina Ay! Ay! Chihuahua," wrote Joe Lino Beserra. The jury responded with bravos. Richardson observed that Beserra's spirited design—combining broken-tile mosaics, rich colors, and a wild variety of collected objects—"is one of those wacko projects that people should look at more often to make them less serious about their houses."

"When I moved in," says Beserra, "the entire kitchen was avocado with green lattice wallpaper, a symphony of yesterday's guacamole. Friends called it 'Casa Tastrophe.' " He reworked every surface in a very personal concoction of tradition and fantasy, a sort of interior design salsa. Bright colors and vivid patterns became visual equivalents of jalapeños and tomatillos.

He treated new ready-made cabinets to a crackle paint job of pumpkin and cobalt blue, and added Day of the Dead folk carvings as handles. Surrounding a restored 1949 range are counters surfaced in a mosaic of broken tiles and plates, which he also applies to terra cotta bowls and pots destined for sale in home furnishings specialty shops.—*D.P.G.*

ALEX VERTIKOFF

Zen spirit enters the bath

Give us a home that's a decompression zone combining serenity with a dash of drama. That was the request handed to interior designer Chadine Flood Gong in the remodel of this 1970 house. Jurors found both serenity and drama skillfully expressed in the "witty and amusing sink" disguised as a piece of furniture, and in the Japanese-style bath "with its great indoor-outdoor orientation."

Interior Design

MERIT AWARD

Chadine Flood Gong

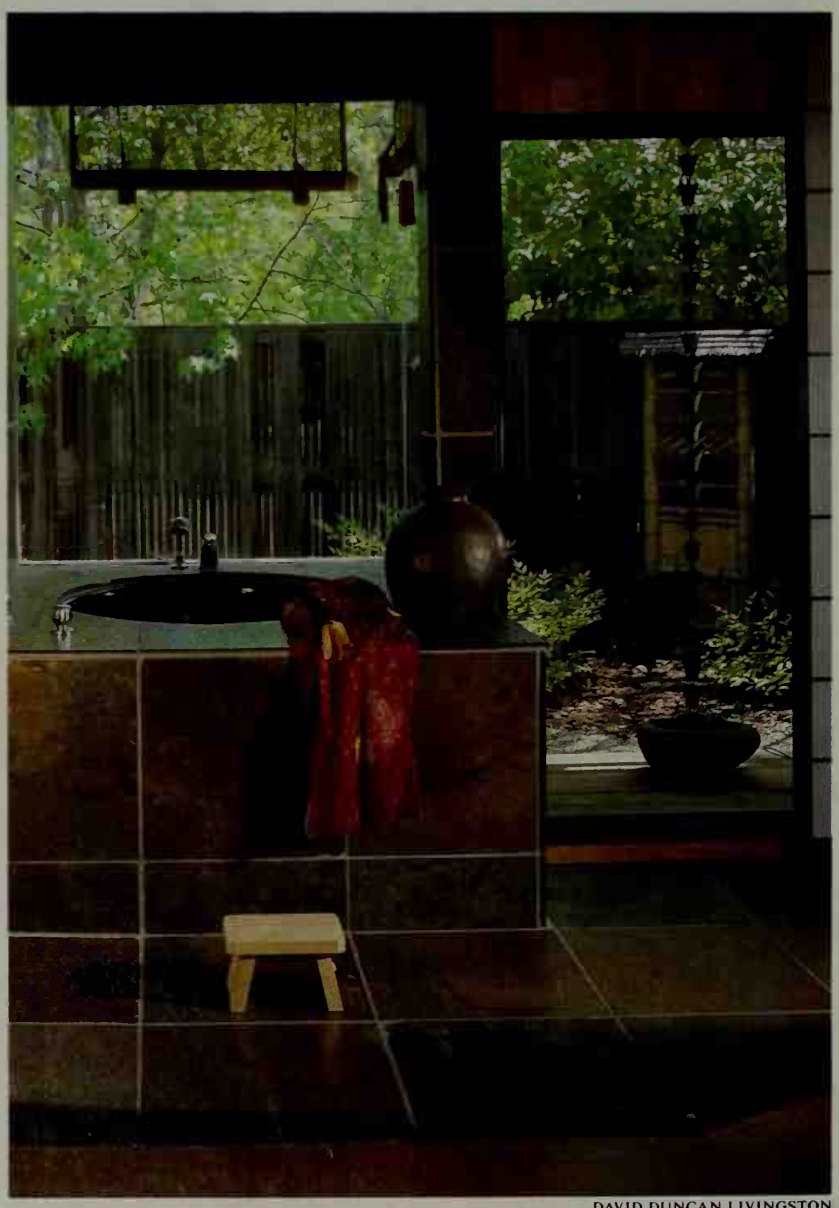
Chadine Interior Design

Los Gatos, California

for

Carol and Bob Swenson

Stanford, California

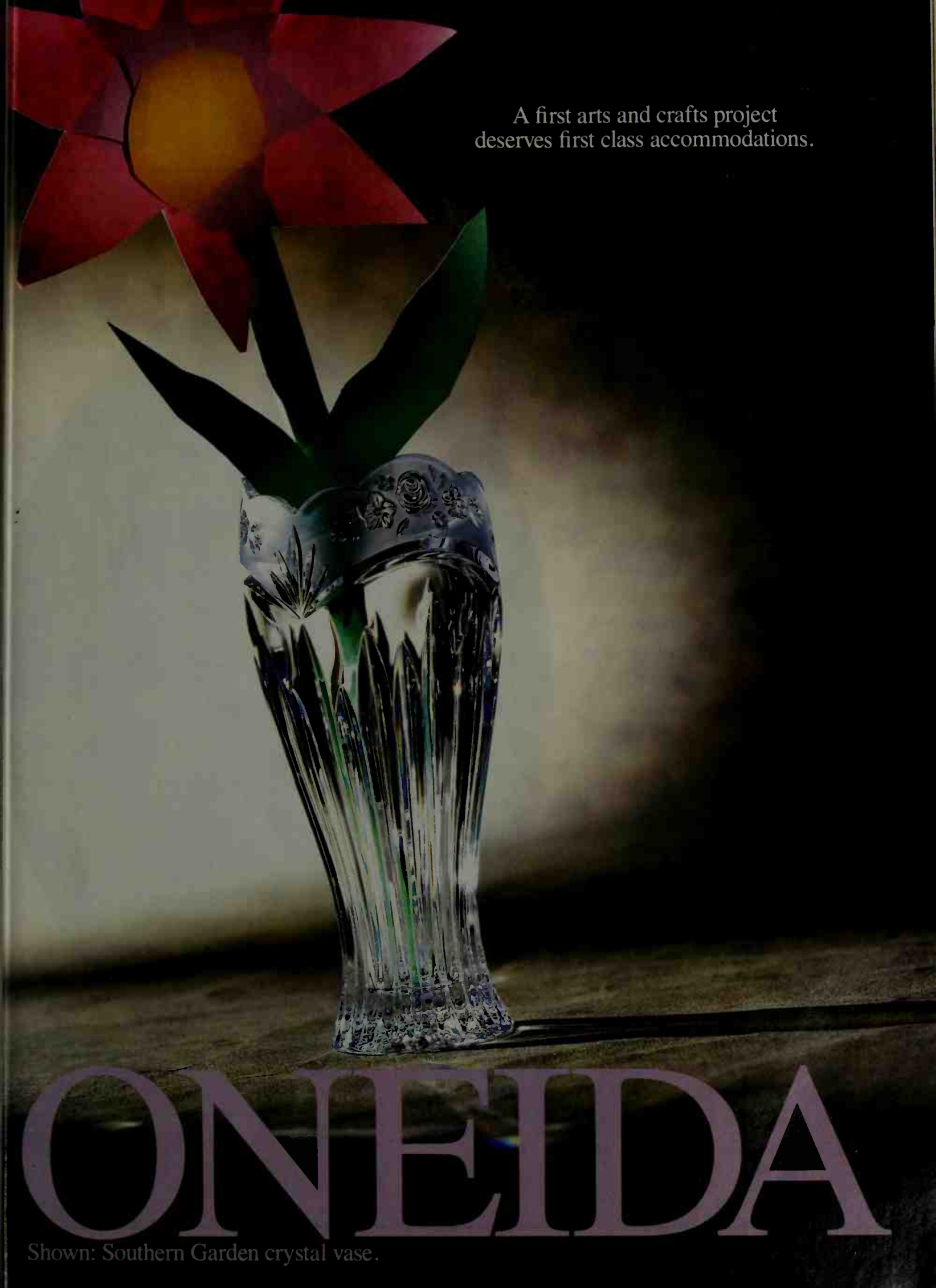


DAVID DUNCAN LIVINGSTON

The powder room sink was a surprise. One juror remarked, "At first I couldn't figure out what it was." It's a contemporary fruit bowl, made of a pewterlike alloy, that Gong found in a gift shop. She had a drain drilled in the bottom and placed it on a Meiji-period *tansu* with a hole through the top to accommodate plumbing. An obi rack functions as towel bars.

For the bathing area, Gong designed a platform containing a Japanese soaking tub to face a small Japanese garden. All floor, platform, and wall surfaces are covered in multicolored African slate, which brings the outdoor feeling inside.

Street-Porter said, "This bath is the perfect opportunity for indoor-outdoor living . . . but it is so rarely done this well. This is the reason we live in California."—*D.P.G.*


A first arts and crafts project
deserves first class accommodations.
ONEIDA
Shown: Southern Garden crystal vase.

TAKE THIS BL

There's only one question on this test:

If these two mini-blinds cost roughly the same, is there any reason to choose the ugly one?

If you said yes, sorry, you flunk.

Please study the blinds again.

The blind on the left – the Levolor® Mark I® – is, according to our peers, the best blind ever made. In a nutshell, it eliminates all the ugly little details that become ugly big details the more years you live with them.

This ad is a guide to help you choose blinds. Feel free to tear it out and take it when you shop for blinds.

(Unless, of course, this is somebody else's magazine. In that case, duck under a table and tear it out.)

At the top of the Mark I is a completely redesigned headrail that makes valances obsolete. (You remember valances. They're those awkward slats you install to cover the hardware.) And notice the top slat: it actually tucks into the top headrail to eliminate all the light gaps. Stylish end caps hide the mounting brackets.

We use a special polycarbonate so our wand won't crack as it ages.

The wand was reshaped to make it nearly invisible, and we used a special polycarbonate that won't crack or cloud as it ages. This costs an extra 40¢

The Levolor Mark I.

Our sculpted headrail makes troublesome valances obsolete.
Our blinds keep light out and let light in. But, unlike other blinds, not at the same time.
Our cushioned bottom rail protects your window sills.
Our slats are 100% virgin Alcoa aluminum, so your blinds won't get bent out of shape in minor accidents.

(unretouched photo)

ND TASTE TEST.

Valance must be perfectly installed to hide hardware.
We thought closed blinds were supposed to keep light out.
The Competition's Best Effort.
Their hard plastic knobs make good dents.
Their slats are commonly made of recycled scrap, which has its weak points.
(unretouched photo)

per wand; apparently our competitors thought that was a bit steep.

The closure system was reworked so the slats snug together tighter–again, to minimize light gaps.

Even the tassel was redesigned for a more sophisticated appearance. Is this overkill? Not if you have to live with it.

The color of our tassel matches the blind. (If it's clear, the maker is skimping here, and probably other places.)

There are aspects to the Mark I, however, you can't immediately see.

The mounting system for the blinds was reinvented to make them hang true in windows which, unfortunately, are notoriously untrue.

The slats are virgin Alcoa aluminum (vs. recycled scrap) for a smoother finish, more flexibility and less creasing.

The attachment for wands is vastly simpler, and eliminates the hooks and sleeves that are easy to lose.

Now, we'd like to pose the question we asked at the beginning.

If the Mark I blinds cost the same as the competition's mini-blinds, why buy their ugly ones?

For complete information and the Mark I retailers nearest you, call 1-800-LEV-9669.

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ALL IN ONE CAN
2 HOURS

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ext. 22
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Winners coming in next month's *Sunset*

Interior Design

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Robert Luchetti Associates, Inc.
Cambridge, Massachusetts
for
Emily and Peter Luchetti
Sausalito, California

Interior Design

SPECIAL AWARDS

FOR CABINETRY

Henry Siegel and Caitlin King
Siegel & Strain Architects
Emeryville, California
for
Joan and Mark Reiss
San Francisco

FOR CABINETRY

Franklin D. Israel Design Associates Inc.
Beverly Hills, California
for
Marisa Arango and Bill Berry
Beverly Hills

FOR MATERIALS

designer-owner Dianne McKenzie
The Sea Ranch, California
and architect Donlyn Lyndon
Berkeley, California

FOR MATERIALS

Lindy Small & Associates
Berkeley, California
for
Lindy Small and Stephen Shapiro
Orinda, California

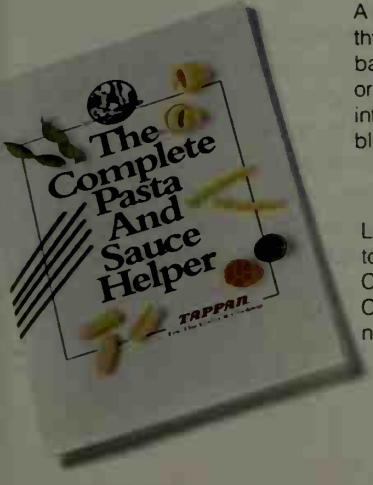
Tappan ranges are for people who love to cook, but hate to clean. Let's say you're making a pasta dinner for eight. Our sealed gas burners are powerful enough to get a giant pot of water boiling fast, and precise enough to keep

Try Tortellini, Penne, or Wheels instead of spaghetti sometime—their grooves and flat surfaces help hold more delicious sauce.

The Tappan Scrub-Saver™ Gas Range. Let The Tomato Sauce Fly.

sauce simmering delicately. And let's face it, bubbly sauce is going to fly. Which is no problem when you're cooking on the easiest-to-clean gas range ever made. Because Tappan cooktops and control panels are virtually seamless. And since the crevices, cracks, and ugly vents that like to catch flying sauce are eliminated, so is the scrubbing. Tappan Scrub-Saver ranges. Designed for people who love to cook. By people who feel the same.

A pinch of oregano, thyme, rosemary, and basil instantly turns ordinary tomato sauce into your own unique blend.



Learn everything from buying the right kind of pasta, to making sauces and other pasta dishes with "The Complete Pasta and Sauce Helper," a Tappan Cook's Helper guide. For your free copy and your nearest Tappan dealer, call 1-800-537-5530.

TAPPAN

For The Love Of Cooking™

©1992 White Consolidated Industries, Inc

STEPHEN CRIDLAND

ENLARGED FROM WITHIN, *opened-up kitchen was created by taking out load-bearing wall.*

Now work surfaces nearly encircle the room, creating preparation and serving areas where they're most needed. On one side, a U-shaped counter starts next to the dining room, turns the corner, then continues along the length of the room before bending again to form a dining peninsula. Across the room is a 6-foot counter between the refrigerator and stacked ovens. Scattered throughout the kitchen, pull-out boards create extra workspace or accommodate hot pots. Cabinets are of red oak with whitewash stain.

"When we entertain," says Kim McCarrel, "this is where the action is." The reorganized kitchen has enough space for guests who want to help, while the peninsula provides an out-of-the-way haven for onlookers. ■

By Barbara A. Lewis

First they removed a wall

Now kitchen and breakfast nook are one big bright space

REMOVING A LOAD-bearing wall was no small matter for homeowners Kim and Steve McCarrel, but doing so helped them turn a too-small breakfast nook and kitchen into a unified, more efficient space.

Before remodeling, the wall not only chopped up the kitchen, but it blocked light from a south-facing window. Counter space was also at a premium, forcing the McCarrels to set up a folding table in the middle of the kitchen. Gloomy, dark-stained cupboards ran from the ceiling to within a foot of the stove and counters, leaving little room for tall pots and countertop appliances.

Called in to rework the 190-square-foot space, kitchen designer Kathleen Donohue of Portland first replaced the bearing wall with a hidden 4-by-12 glue-laminated beam. She then moved the refrigerator from next to the sink to the opposite wall; this made room for long counters on both sides of the kitchen.

DINING PENINSULA *and buffet counter (far left) double as extra work areas when needed. Wooden breadboard (above), one of five, pulls out from under microwave oven to serve as landing pad for hot casserole.*

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Q: How does a Frenchman make juice?
A: He uses a food processor.

The juicer with the food processor attached

Consider it good old-fashioned French ingenuity.

The Moulinex Processor Deluxe™ comes with *two* special juice attachments.

- A juice extractor for vegetable and fruit juices.
- A citrus juicer for homemade orange, grapefruit, lemon and lime juice.

Maybe that's why it's the most popular food processor in France—the very home of food. Of course it doesn't hurt that the Processor Deluxe performs an incredible 15 functions!

The Moulinex Processor Deluxe is practically a fully-equipped kitchen all by itself. For a lot less money.

In fact, the 10 accessories included in the Processor Deluxe package would cost twice as much if purchased as separate appliances.

You can knead bread dough.

Mix cake batter (notice the extra-large 56 ounce capacity bowl). Shred or chop vegetables—coarse or fine (included: a dual-feed chute for both small and large food pieces).

All this...

...and a blender, too

Use the French fry disc for stir-fry vegetables. The light-duty mixer to whip up creamy dessert toppings, sauces and gravy. The mini chopper for quick jobs, like mincing onions, chopping nuts and grating cheese.

Yes, there's even a blender. A powerful blender. Use it to make soups, shakes and iced drinks .

Moulinex is a household name in France. Has been for over 60 years. Fact is, you'll find a Moulinex appliance in virtually every French kitchen. There's a complete line of Moulinex food processors to fit every budget.

Each comes with a full one-year warranty on all parts and labor. So when in the kitchen, do as the French do. Rely on Moulinex.

Available at fine stores everywhere.

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Our place is in the kitchen.

Moulinex Appliances, Inc., Closter, NJ 07624

The Changing Western Home

Details

Through the glass, dimly

After replacing a deck outside their formal dining room with a family room, Angela and Frank Mullin decided that the clear glass in the French doors between the two rooms would no longer do. They liked the expansive feeling that the glass allowed, but not the clear view it gave of children's toys scattered around the family room.

To obscure the sight without blocking the light, they replaced the clear glass with panes of textured glass, separated by a grid of lead and beveled glass. —*David Mahoney*

NORMAN A. PLATT

Safety

A railing that stays in step with the stairs

The original front stair railing had disappeared long before Peter Cleary and his family moved into their San Francisco house. To replace it, Cleary built an attractive wood railing that maintains a consistent height above the steps—despite resting on a wall that dwindles from 4 feet tall at the sidewalk to just a few inches at the top of the stairs.

Cleary used a 2-by-8 for the lower rail, a 2-by-4 for the handrail, 2-by-2s for the verticals, and 4-by-4s for the posts. He poured new concrete footings for the posts.—*D. M.*

DARROW M. WATT

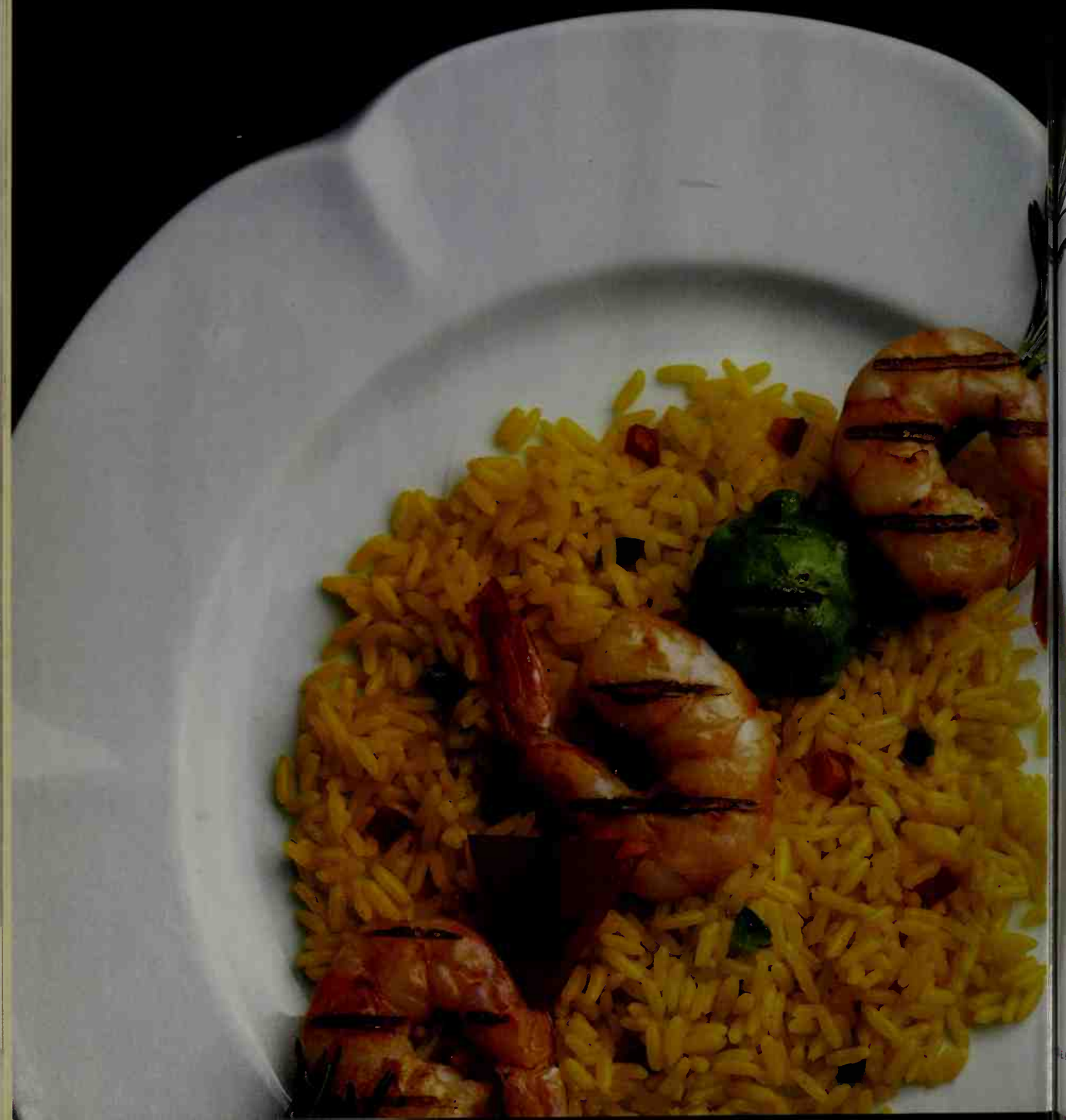
Interiors

Is it a bethroom? A badroom?

When space is tight, think about overlapping room functions. That's what San Francisco architect Paulett Taggart did when she remodeled. To make her compact master bedroom seem as airy as possible, she combined it with the bathing area, which forms a tiled alcove at one end of the room. An end wall of translucent glass blocks floods both the alcove and the bedroom with light while preserving privacy.—*Daniel P. Gregory*

Enjoy a special Chardonnay from Ernest and Julio Gallo.

To fully appreciate the subtle flavors of rosemary skewered shrimp, try it with our California Chardonnay. Its delightful taste makes this dish even more inviting.



E. & J. Gallo Winery, Modesto, CA

What you really need to know about sandpaper

How to choose and use this basic woodworking tool

TRANSFORMING A COARSE, grainy wood surface into one as smooth as a baby's skin requires time, patience, and that basic but indispensable woodworking tool—sandpaper.

Although it may seem boring and time-consuming, sanding is deceptively important work, and crucial to a well-finished project. One woodworking expert estimates that half the cost of a grand piano is in its shiny finish, obtained by sanding the wood (and applying layers of lacquer).

You may have many different reasons for sanding—from preparing a door for a new coat of paint, to readying a piece of unfinished furniture for staining, to restoring an antique. No matter what you sand—and whether you sand by hand or with power equipment—the best finish results if you sand in an orderly progression.

SANDING UP CLOSE

On a microscopic level, sanding is like smoothing and sharpening wood by scratching its surface over and over with progressively smaller cutting tools. Most woodworking projects require at least three sandings. You start with coarse sandpaper, progress through the medium grades, then finish with sandpaper that feels almost as smooth as typing paper.

The coarse paper does the general job of leveling the surface but leaves wide, deep grooves. (If you look at the sanded wood under bright, low-angled light, you'll see deep parallel rows, much like furrows in a plowed field.) A progression of finer sandpapers removes these furrow tops until the wood surface is smooth and level.

That's where having patience comes in. If you use too fine a paper too soon, it rounds the furrow tops without reaching the troughs created by the coarse paper.

In all cases, it's important to remove the sawdust between sandings. Top woodworkers vacuum all wood surfaces whenever they switch sandpaper grades, then follow with a pass from a tack cloth or a rag impregnated with mineral spirits. The mineral spirits evaporates quickly and doesn't raise the wood grain as water does.

But cleaning doesn't apply just to the wood surfaces. You'll extend the sandpaper's life by cleaning it with special rubber cement blocks, especially if you're using a power belt or disk sander. These blocks of dried rubber cement remove wood particles that clog the sandpaper and inhibit it from sanding properly. (There's often perfectly good sandpaper beneath the wood particles.) The blocks cost about $10 at good woodworking stores and from some mail-order sources.

You can oversand wood on occasion. Sanding some hardwoods (such as cherry) with extra-fine paper virtually closes the wood's pores: it won't accept a stain. The rule of thumb is the finer the grain, the lighter the stain. There are times, therefore, when you should stop sanding before you get to fine sandpaper, and darken the wood with some stain.

TRUE GRIT—OR HOW TO MEASURE ABRASIVES

When you run your hand across different grades of sandpaper, some feel bumpy while others are relatively smooth. What you feel reflects the coarseness of the sandpapers' abrasive particles—or grit. In sandpaper lingo, *grit* refers to the smallest openings through which the abrasive particles might pass. For instance, "220 grit" means that the abrasive particles will pass through a screen with 220 openings per linear inch.

Sandpapers range from about 60 to 1200 grit. The lower the number, the coarser the sandpaper. Although you might find sandpapers below 60 grit, they aren't recommended for woodworking. And it's unlikely that you'll need sandpapers above 600 grit.

You normally use coarse papers (60, 80, and 100) to level the wood at the beginning of the sanding process, then go to medium papers (120 to 180). This grade may prove sufficient for finishing soft woods (such as pine or redwood) that won't benefit from finer sanding. But you need to complete most sanding with fine papers (220 to 280). Extra-fine papers (320 to 600) give some hardwoods a glassy finish and are good to use between coats of paint or sealers.

Have you ever noticed the terms *open coat* or *closed coat* on the back of sandpaper? They refer to the density of the abrasive material on the sandpaper surface. On open-coat papers, only about 70 percent of the surface is covered with abrasive, leaving space to accommodate sawdust build-up. Closed coat means that the entire surface is covered, sometimes leading to faster clogging of the paper with sawdust.

SANDPAPER TYPES

A glance at a rack of sandpapers in any hardware store reveals sandpapers of many different colors and textures, with both cloth and paper backings. Oddly, not any are faced with sand.

In earlier times, hide glue was used to bind real sand to bark or paper. But modern sandpapers are of manmade abrasives as well as natural ones such as flint and granite. For most needs, there are four general kinds to choose from. They vary in price, durability, and usefulness.

Flint. The original form of mass-produced sandpaper, flint paper, is no longer popular. Flint paper is coarse, and best for rough work such as removing old paint or finish. (These tasks clog finer-grit sandpapers.) The particles of flint (a form of quartz) dislodge easily, and unless the wood surface is cleaned they can mar the wood upon subsequent sanding.

Garnet. Another natural mineral, garnet is harder and sharper than flint and recognizable by its red color. The paper-backed sheets are relatively inexpensive and come in a wide range of abrasiveness: coarse and medium grit are recommended. Garnet papers tend to have a shorter life than manmade types. They're good on all woods.

Aluminum oxide. This synthetic product is probably the most popular abrasive for woodworking (and for use on most metals). It's made from bauxite and brown to brownish red in color. It's longer lasting, sharper, and more uniform in grit size than garnet paper. It comes in a wide grit range—coarse, medium, and fine categories. Some finer grades are available with a coating of zinc stearate that reduces sandpaper clogging. This type of paper is good for finishing hardwoods like cherry or maple.

Silicon carbide. This is another manmade abrasive, but it's faster cutting and more expensive than alumi-

num oxide. It resharpens itself as it wears, and is well suited for sanding glue-impregnated products such as particleboard and plywood. It's used most often to sand between coats on painted or finished surfaces. Generally waterproof, it's good for wet sanding. It also is available with zinc stearate coating.

SANDING RULES

Never sand across the grain. This cardinal sin of woodworking is the hardest to atone for. Of course, this is difficult to avoid in projects with joints. Many professional woodworkers, therefore, try to sand all the wood before assembly. (Some even prefer to stain before assembly, which helps avoid glue blocking the stain along joint lines.)

Sanding before assembly also allows you to work on pieces while they are on flat surfaces and easier to handle. And since they haven't been connected, areas that will later become inside corners are easy to sand. This is especially useful if you're working with a power sander. One hint for after-assembly sanding: use masking tape at joints where different grain directions meet.

Conversely, *always sand with the grain.* Try to stand at an end of the work piece and sand forward and back with an even pressure throughout the range of motion. If you stand to the side of a piece of wood, it's difficult to resist the tendency to move your arm in an arc.

Use a sanding block. This tool is essential for all flat work being finished by hand, because you cannot rely on the shape of your hand alone to act as a flat, even backing for sandpaper. You can make a sanding block by wrapping sandpaper around a flat piece of 2-by-4 that fits comfortably in your hand. Or you can purchase a ready-made holder that has handles for easy grasping. There are numerous styles to choose from.

Sanding irregular surfaces takes more ingenuity, and occasionally, specially shaped tools. Wads of used sandpaper can be used to sand some intricate edges. Strips from used sander belts or emery cloth help smooth turned pieces like table legs, and you can buy lengths of abrasive cord or tape for reaching into tight grooves.

If you feel heat, you're pressing too hard. Let the sandpaper cut the wood with minimal pressure. It may be better to drop back to a coarser paper to remove the wood material than to bear down harder on a finer one. This applies to working with power tools as well. Let the machine do the work, especially with belt, oscillating, or orbital sanders.

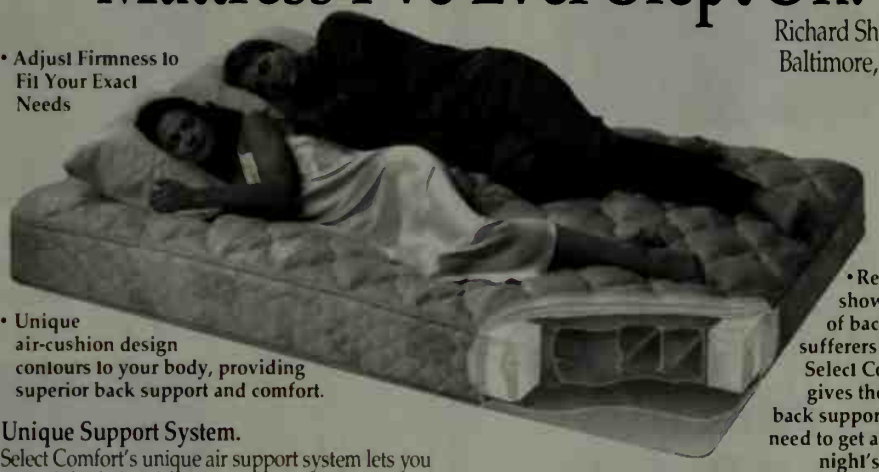
Sand the same throughout. This rule adds to the toil, but if you are planning to stain the wood, it's important to sand all pieces with similar-grit sandpapers. With difficult pieces, it's tempting to stop at a coarser grit than you may have used on an easier piece. But if you do that, the stain will soak in at a different rate. A table, for instance, might have dark legs (which are harder to sand) and a lighter top (which is easier to sand).

Don't rely on stain and sealers to finish a project. Rather than hiding an incomplete sanding job, they tend to amplify it. Use your fingers to feel for scratches. Follow up the touch test with a bright, low-angled backlight to check for deeper scratches. Also, if you have completed sanding with a fine sandpaper, let the dust settle, vacuum the room, and apply the stain or finish as soon as possible. A sanded piece shouldn't stand for more than 24 hours because exposed surfaces can pick up moisture from the air. ■

By Peter O. Whiteley

"By Far The Most Comfortable Mattress I've Ever Slept On!"

Richard Shafer, Baltimore, MD



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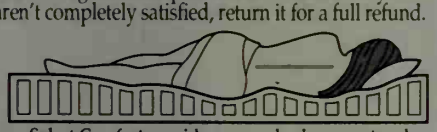
• Research shows 94% of back pain sufferers report Select Comfort gives them the back support they need to get a better night's sleep.

Unique Support System.
Select Comfort's unique air support system lets you control the feel and firmness of your bed — simply by pushing a button. Your mattress can be firmer than the firmest innerspring or softer than the softest featherbed...helping you sleep more comfortably, reducing back pain and muscle aches, and providing true support. Change the firmness whenever you like to meet your exact preference.

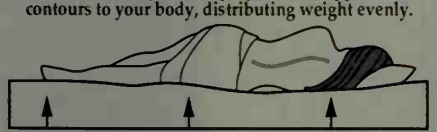
No Risk 90 Night Trial.
We are so confident that you will find Select Comfort to be the most comfortable mattress money can buy that we offer our "Better Night's Sleep Guarantee." Take 90 nights to sleep on a Select Comfort. If you aren't completely satisfied, return it for a full refund.

Variable Firmness = Great Sleep.
Your Select Comfort conforms to your body's natural shape so your back muscles don't strain to hold your spine straight. Because air support is the closest thing to floating, you'll wake up rested and ready for the day.

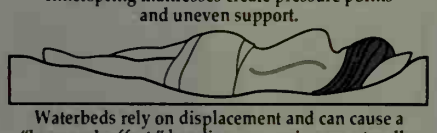
Discover why 96% of Select Comfort users recommend it to family and friends.
"I am a doctor and often come home exhausted. This mattress is the most comfortable I've tried."
Dr. Connie Horn, M.D. Clarksville, Ohio.



Select Comfort provides proper back support and contours to your body, distributing weight evenly.



Innerspring mattresses create pressure points and uneven support.



Waterbeds rely on displacement and can cause a "hammock effect," bending your spine unnaturally.

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Now Open at Mall of America and 5 Other Twin City Retail Locations

What's Red-Hot, Plenty Powerful, And Perks Up Anything?

Safer tools for pumpkin Picassos

JACK-O'-LANTERNS are supposed to be scary, but carving them shouldn't be. The tools shown here will spare you the fright of having a sharp knife slip while doing a job for which it was never intended.

Each of these four tools was designed specifically for carving pumpkins (the jack-

SERRATED CUTTER *($1 to $2) is basic and safe—great for beginning carvers and big, bold, uncomplicated designs.*

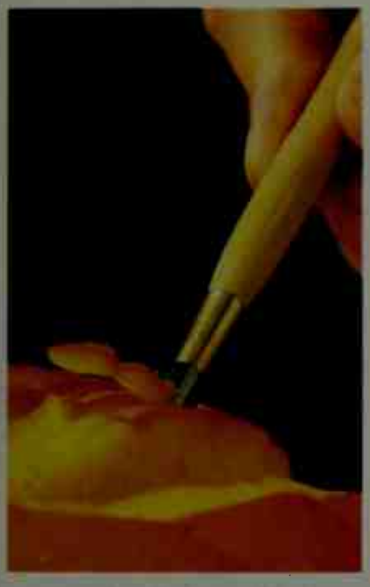
PLUNGE CUTTER *lets you carve perfect circles or angles. Set of four knives (two arcs, two wedges) costs about $6.*

o'-lantern below each one shows the effects it can create). They'll let you and your kids do your most artistic work ever—with greater ease and less danger than the old paring knife ever offered. Look for them at grocery and discount stores, or any place that's selling the ubiquitous orange gourds this month.

The two shown on the left greatly simplify carving for children. The other two take pumpkin carving to a new level of sophistication, yet are still safe for supervised kids. Instruction and pattern books for these two will quickly bring you up to speed on their techniques (the saw's book even includes a recipe for pumpkin pie!). ■

By Bill Crosby

NORMAN A. PLATE



SKIN STRIPPER *($4 to $6 with pattern book) removes only orange outer layer, allowing candlelight to glow through.*

PUMPKIN SAW *($4 to $5) carves intricate designs with ease. Instructions and patterns are included.*

Guess Again.

The Dirt Devil® Upright Deluxe™. It has the power to take on the toughest messes, from pet hair to ground-in dirt. While the vacuum's still running, you can go from floor to attachment cleaning, and spruce up your drapes, furniture – all those hard-to-reach spots! For all your vacuuming needs, Dirt Devil is the answer.

Dirt Devil® by Royal®

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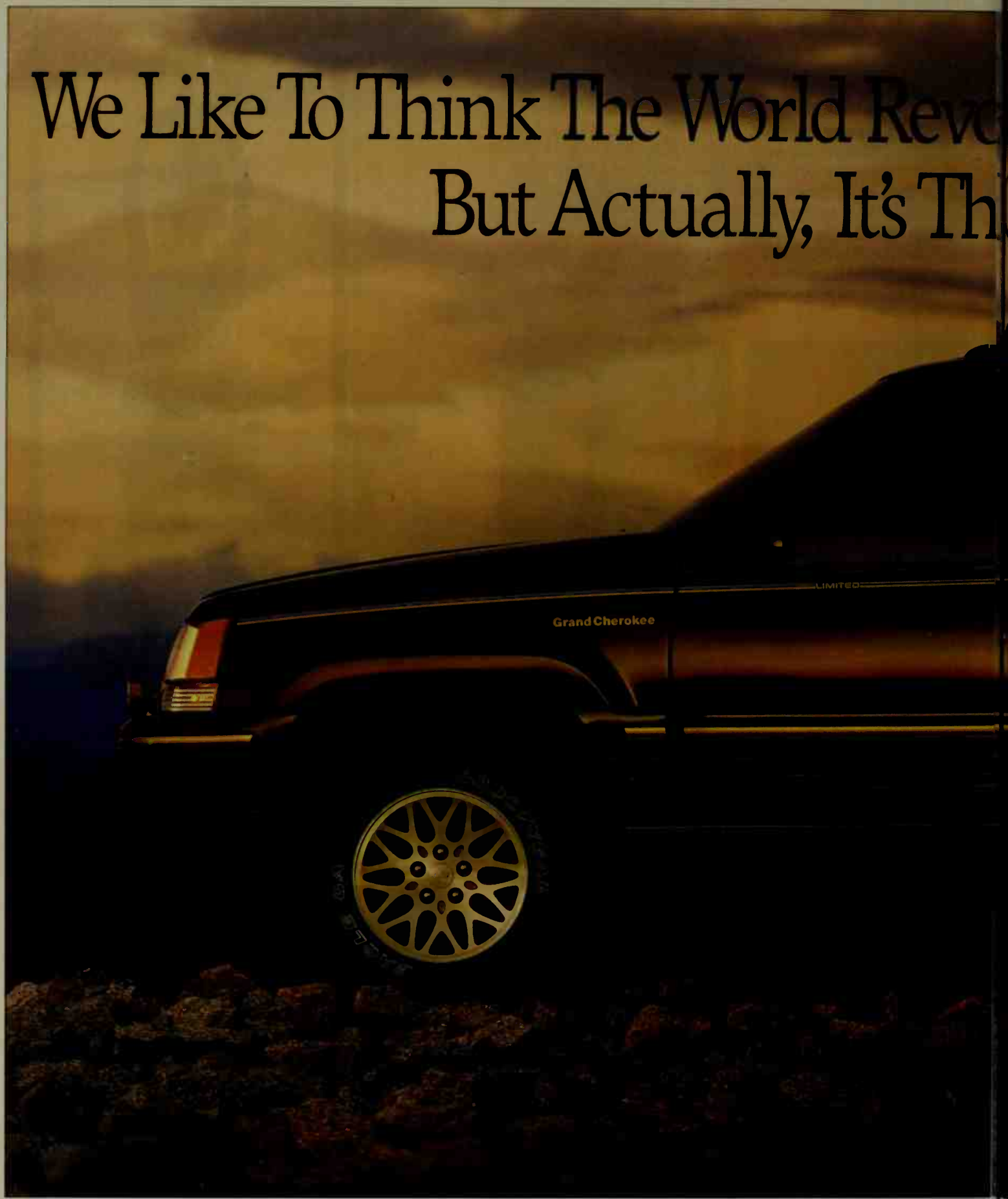
We Like To Think The World Revo
But Actually, It's Th

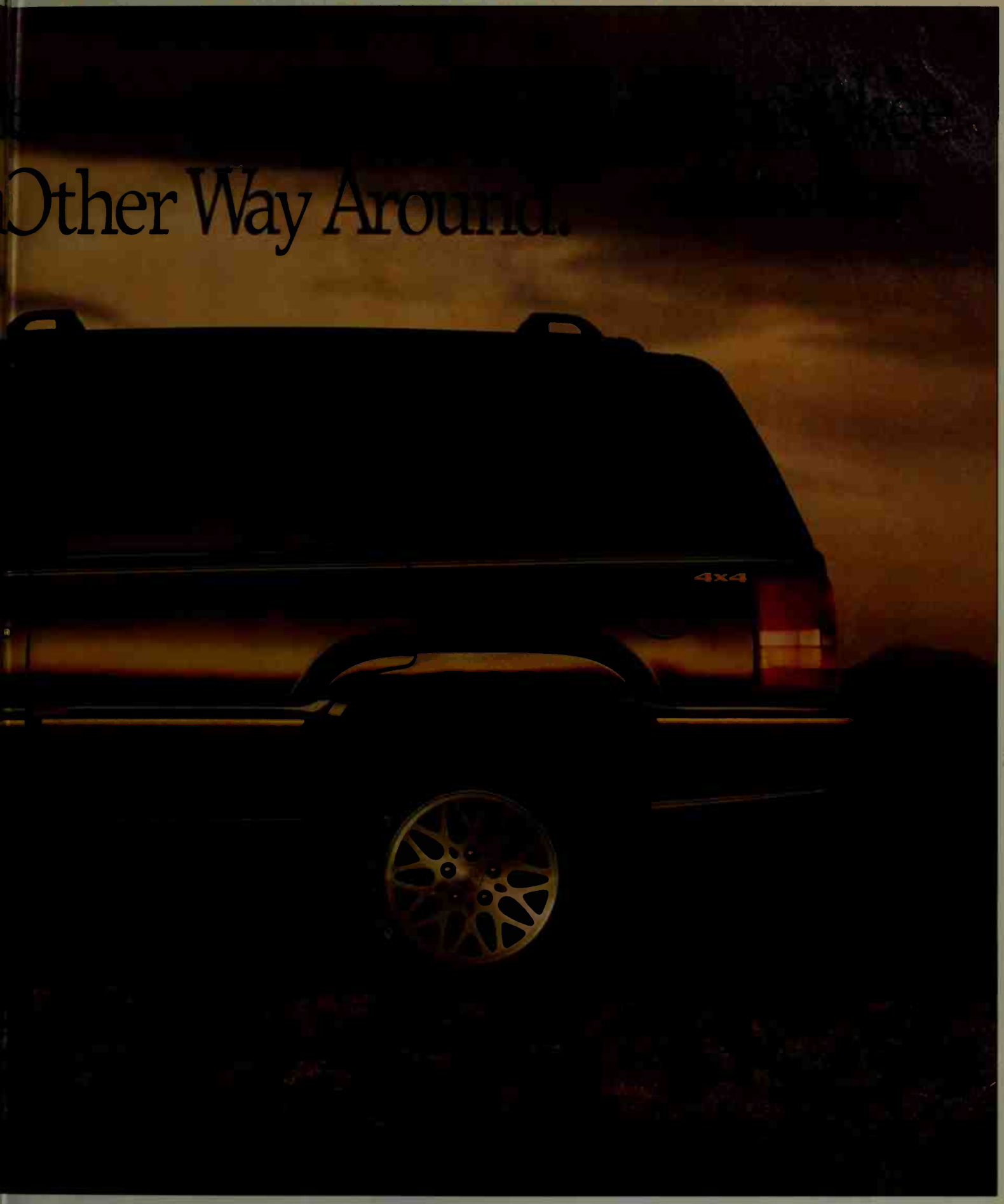


While the world may not have been created expressly for Jeep Grand Cherokee Limited, our engineers designed this revolutionary 4x4 as if it were. They gave it the power, strength, and capability to take on some of the world's most rugged and challenging terrain.

At the heart of Grand Cherokee is Quadra-Trac®, an all-the-time four-wheel drive system that automatically adjusts to changing road conditions.

An advanced Quadra-Co suspension system improves o road ride and handling as well off-road capability. And now a available 5.2 litre 220 horsepow V8 delivers even more power.

And because Jeep has lor



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October Menus

QUICK, SEASONAL, BUDGET-WISE . . . FOR FAMILY AND FRIENDS

The crispness of fall brings a sharper edge to October days, making way for menus—from picnics to cozy meals—that bridge the change of seasons. Turn the pumpkin patch search for perfect candidates for Halloween jack-o'-lanterns into a two-family outing, with a portable feast that appeals to young and not-quite-so-young tastes—chicken drumsticks and wing drumettes, and more.

At home, consider a scramble of eggs, vegetables, and sausage for breakfast or supper. Soup from scratch makes another fast meal.

DARROW M. WATT

PUMPKIN PICNIC (at right)
A picnic awaits as pumpkins are selected: big and little chicken legs, dip and vegetables, pumpkin cupcakes.

JOE'S SPECIAL BREAKFAST (page 156)
Turkey sausage and Swiss chard give Joe's Special a fresh style; ground beef, spinach traditionally go into the eggs.

SPEEDY SOUP SUPPER (page 158)
Start with fast-cooking hulled lentils to make curry base for a thick, satisfying soup in which lamb meatballs simmer.

THE DETAILS

Fall Fruits

Seasonal fruits with messy seeds or staining juices suit casual ambience of picnic.

Vegetable Bowls

Hollowed-out bell pepper, little squash, and carved pumpkin serve as containers.

Cupcake Carrier

To protect cupcakes, tote them in their baking pan; cloak with a colorful towel.

Trick-or-Treat Bags

For another style picnic, pack kids' lunches in bags for easy handling.

PUMPKIN PICNIC

Jack-o'-lantern with Vegetables

Honey Mustard Chicken Drumsticks and Drumettes

Roasted Red Pepper Dip

Crusty Bread

Pomegranates, Lady Apples, Muscat Grapes

Pumpkin-Cheese Cakes

Hot or Cold Spiced Apple Cider

Brandy or Calvados

Pack this no-utensils, hands-on picnic to take with you on your hunt for the great pumpkin. If you like, buy an extra pumpkin and carve it to use as a basket for the vegetables; later use it as a jack-o'-lantern. For vegetables, long sticks of celery, carrots, cucumber, and green onions work well; allow 3 to 4 pounds untrimmed vegetables for 8 servings.

Bring baked chicken drumsticks for the adults in your party and wing drumettes for the little ones; you can bake the chicken in advance and chill it, or bake it just before leaving. The vegetables and chicken share the mild roasted red bell pepper dip.

Offer cider to drink; adults can add calvados or brandy.

Bring moist towels for the cleanup.

NORMAN A. PLATE

EGGS GET SCRAMBLED *with Swiss chard, turkey sausage, and mushrooms for breakfast or supper. Offer tomatoes.*

Honey Mustard Chicken Drumsticks and Drumettes

- 12 chicken drumsticks (about 2¾ lb. total)
- 16 to 24 chicken wing drumettes (shoulder wing sections; 1½ to 2 lb. total)
- ¼ cup balsamic vinegar (or red wine vinegar plus 1 teaspoon sugar)
- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 2 tablespoons soy sauce

Rinse chicken; pat dry. Place drumsticks and drumettes in separate foil-lined 10- by 15-inch pans. Mix vinegar, honey, mustard, and soy; brush over chicken.

Bake in a 425° oven, basting occasionally with any remaining honey mixture, until chicken is browned and no longer pink at bone (cut to test), 30 to 35 minutes for drumsticks, 20 to 25 minutes for wings. (If using 1 oven, switch pan positions halfway through baking.) Serve chicken warm or cool. Makes 8 servings.

Per serving: 302 cal. (48 percent from fat); 31 g protein; 16 g fat (4.4 g sat.); 6 g carbo.; 469 mg sodium; 101 mg chol.

Roasted Red Pepper Dip

Use hollowed squash or bell pepper to hold dip.

- 1 large (about 10 oz.) red bell pepper
- 1 clove garlic
- ¼ cup unflavored nonfat yogurt
- 3 tablespoons reduced-calorie mayonnaise
- Salt

Broil bell pepper in an 8- or 9-inch-wide pan about 4 inches from heat until charred on all sides, turning as needed, 15 to 20 minutes total. Cool. Pull off skin, stems, and seeds. In a blender or food processor, purée bell pepper, garlic, yogurt, and mayonnaise. Add salt to taste. (If making ahead, cover and chill up to a day.)

Use preceding serving suggestion or scrape dip into a small bowl. Makes about 1 cup, enough for 8 servings.

Per tablespoon: 14 cal. (51 percent from fat); 0.4 g protein; 0.8 g fat (0.2 g sat.); 1.4 g carbo.; 18 mg sodium; 1 mg chol.

Pumpkin-Cheese Cakes

- 1 cup all-purpose flour
- 1¼ teaspoons baking powder
- 1¼ teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon baking soda
- ½ teaspoon ground nutmeg
- ¼ teaspoon salt
- ⅓ cup salad oil
- ⅓ cup firmly packed brown sugar
- 1 large egg
- ¾ cup canned pumpkin
- ½ cup unflavored nonfat yogurt
- Filling (recipe follows)
- 12 unblanched almonds

In a bowl, mix flour, baking powder, cinnamon, ginger, baking soda, nutmeg, and salt. In another bowl beat to blend oil, brown sugar, egg, pumpkin, and yogurt. Stir oil mixture into flour mixture until batter is evenly moistened.

Place a paper liner in each of 12 muffin cups (2½-in. size). Fill each cup about ⅓ full with batter. Top equally with cheese filling. Spoon equal portions of remaining batter over filling; top each with an almond.

Bake in a 350° oven until top of cake (not cheese) springs back when gently pressed, 25 to 30 minutes. Serve warm or cool. If making ahead, cool, cover, and chill up to a day. Makes 12.

Per piece: 223 cal. (48 percent from fat); 4.2 g protein; 12 g fat (4.2 g sat.); 24 g carbo.; 186 mg sodium; 51 mg chol.

Filling. Beat together 2 small packages (3 oz. each) **cream cheese,** 1 **large egg,** and ⅓ cup **sugar.** Stir in ⅓ cup chopped **dried apricots.**

JOE'S SPECIAL BREAKFAST

Joe's Special 1992

Sliced Tomatoes

Toasted Pocket Bread

Orange Juice

Coffee

This updated version of an old scrambled egg classic called Joe's Special replaces ground beef with Italian turkey sausage, and spinach with Swiss chard.

(Continued on page 158)

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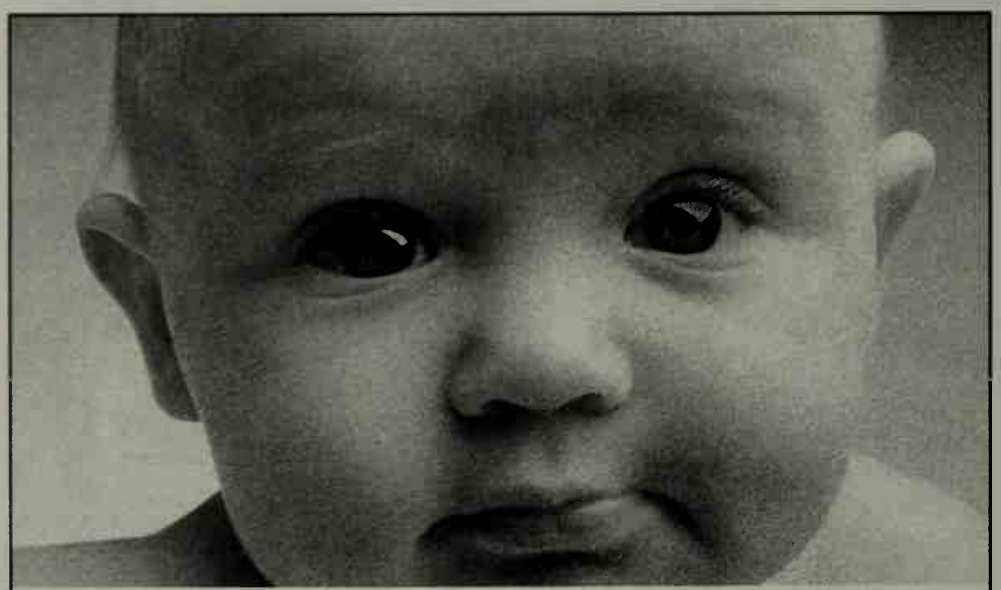

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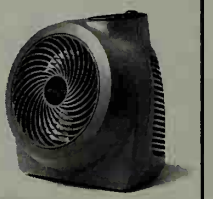

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Joe's Special 1992

- ¼ pound mild Italian turkey sausage
- 1 tablespoon olive oil
- 1 large (about ½ lb.) onion, chopped
- ½ pound mushrooms, thinly sliced
- 4 cups (about ½ lb.) shredded Swiss chard
- 6 large eggs
- 4 small Swiss chard leaves, rinsed and dried (optional)
- Grated parmesan cheese
- Salt and pepper

Remove sausage casings; crumble meat into a 10- to 12-inch frying pan; add oil. Stir over high heat until meat is browned; add onion and mushrooms. Stir often until onions are lightly browned, about 5 minutes.

Add shredded chard; stir often until liquid evaporates, 3 to 5 minutes. Reduce heat to medium-low. Beat together eggs and ¼ cup water. Add eggs to pan. With a wide spatula, gently stir until eggs are softly set, 2 to 3 minutes. Spoon onto chard leaf-lined plates. Add cheese, salt, and pepper to taste. Serves 4.

Per serving: 286 cal. (63 percent from fat); 16 g protein; 20 g fat (6 g sat.); 11 g carbo.; 427 mg sodium; 340 mg chol.

SPEEDY SOUP SUPPER

Curried Lentil and Lamb Soup
Red Slaw
Caramel Apples
Zinfandel Milk

Look for red hulled lentils in supermarkets, Indian markets, and health food stores.

Curried Lentil and Lamb Soup

- 1 large (½ lb.) onion, chopped
- 1 teaspoon cumin seed
- 1 tablespoon minced fresh ginger
- 1 tablespoon curry powder
- 2 quarts regular-strength chicken broth

- 1 pound (about 2¼ cups) decorticated red lentils or regular lentils with hulls, sorted for debris and rinsed
- 1 pound ground lean lamb
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- ¼ cup fresh cilantro (coriander) leaves
- Unflavored nonfat yogurt
- Salt

In a 4- to 5-quart pan, combine onion, cumin, ginger, and ¼ cup water. Cook on high heat until liquid evaporates and mixture begins to stick, mixing often. Add 2 tablespoons water; stir to free the onion pieces.

Boil onion until dry and sticking again; stir free with 2 tablespoons water. Repeat step until onion is light brown, about 10 minutes total. Turn heat to low and add curry powder; stir until fragrant, about 1 minute. Add broth and lentils.

Bring to a boil on high heat. Cover and simmer just until lentils are almost tender to bite, about 10 minutes for decorticated lentils, 25 to 35 minutes for lentils with hulls.

Meanwhile, mix lamb, ground coriander, and chili powder. Form into 1-inch balls and drop as made into simmering soup; cover and simmer until lamb is no longer pink in center (cut to test), about 5 minutes. Ladle into bowls. Sprinkle with cilantro. Add yogurt and salt to taste. Serves 6.

Per serving: 531 cal. (36 percent from fat); 38 g protein; 21 g fat (8.4 g sat.); 50 g carbo.; 130 mg sodium; 55 mg chol.

Red Slaw

- 4 cups finely shredded red cabbage
- ½ cup shredded carrot
- ½ cup chopped red onion
- ½ cup seasoned rice vinegar (or red wine vinegar and 1 tablespoon sugar)
- 1 teaspoon mustard seed
- Salt and pepper

In a bowl mix cabbage, carrot, onion, vinegar, and mustard seed. Add salt and pepper to taste. Serves 6.

Per serving: 41 cal. (6.6 percent from fat); 1.1 g protein; 0.3 g fat (0 g sat.); 9.2 g carbo.; 406 mg sodium; 0 mg chol. ■

By Linda Lau Anusasananan

To use our nutrition information

Sunset recipes contain nutrition information based on the most current data available from the USDA for calorie count (including percentage from fat); grams of protein, total fat (including saturated fat), and carbohydrate; and milligrams of sodium and cholesterol.

This analysis is usually given for a single serving, based on the largest number of servings listed for the recipe. Or it's for a specific amount, such as per tablespoon (for sauces).

The nutrition analysis *does not include* optional ingredients or those for which no specific amount is stated (salt added to taste, for example). If an ingredient is listed with an alternative, the figures are calculated using the first choice or a comparable food. Likewise, if a range is given for the amount of an ingredient (such as ½ to 1 cup butter), values are figured on the first, lower amount.

Recipes using regular-strength chicken broth are based on the sodium content of salt-free homemade or canned broth. If you use canned salted chicken broth, the sodium content will be higher.

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Salts with a lively bite

It's easy to make your own seasoned salts

TINGLING, HOT, OR MELLOW, these seasoned salts are playful on the palate and make intriguing flavorings for simple foods. You start with dried chilies with a heat level you like, or use unrelated peppers—pink peppercorns, Sichuan peppercorns, or ground sansho pepper.

Pink peppercorns (with fancy foods in supermarkets) add more aroma than heat; perfumed Sichuan peppercorns and sansho pepper (sold in Asian markets) salts seem to sparkle in your mouth.

For starters, sprinkle chili pepper salts onto cooked meats, poultry, fish, or shellfish; also offer lime wedges to squeeze onto foods. Try rubbing salts liberally onto roasts before cooking. Use salts to season salads of greens, grains, or shellfish. Or use to season boiled corn, raw jicama sticks, citrus fruits, pineapple, and melons such as honeydew or cantaloupe.

Chili Pepper Salts

Ground chilies or pepper (choices follow)

1 tablespoon salt

Mix chili or pepper with salt. Put in a shaker or small dish. Use as suggested, preceding. Mixture keeps indefinitely; store tightly covered. Makes 3 tablespoons.

Per ¼ teaspoon: 3.8 cal. (47 percent from fat); 0.1 g protein; 0.2 g fat (0 g sat.); 0.7 g carbo.; 183 mg sodium; 0 mg chol.

Ground chilies. For mild salt, use dried California, New Mexico, ancho, or pasilla chilies. For hot salt, use dried chipotle or small red chilies.

Wipe dust from 1½ ounces **dried chilies** (choices above) with a damp towel. Place chilies in a 10- by 15-inch pan. Bake in a 300° oven until chilies smell toasted and are flexible, 2 to 4 minutes. Discard stems, seeds, and membrane. Chop chilies; finely grind in a blender. Makes about 2 tablespoons.

Peppers. In a blender, finely grind 3 tablespoons dried pink or Sichuan **peppercorns;** or use 2 tablespoons sansho pepper. ■

By Sandra Bakko Cameron

S&W. When You Have More To Do Than Dinner.

Imagine lasagna. But with an authentic Mexican flavor. And so easy to make it's ready for the table in less than half an hour. That's Lasagna Olé, S&W's latest recipe that lets you spend less time in the kitchen and more time with your family. The secret is microwave cooking and the great taste of S&W Ready-Cut® Salsa — California-grown, sun-ripened tomatoes, diced with onions, mild peppers and garlic for a true south-of-the-border taste. Try it soon, and taste the difference S&W quality makes.

S&W Lasagna Olé

- 2 cans (14½ oz) S&W Ready-Cut Salsa, heated
- 2 cups chicken, cooked & chopped (or fajita strips)
- ⅓ cup chopped cilantro
- 4 large corn tortillas
- 1 container (8 oz) cottage cheese
- 1 egg, beaten
- 1 can (4 oz) diced green chiles, drained
- 1 can (2½ oz) sliced olives, drained well
- ¾ cup Monterey Jack, shredded
- ¾ cup Cheddar, shredded

Mix first 3 ingredients and spread ⅓ of mixture in bottom of 7x11" microwave baking dish. Layer 2 corn tortillas on top. Combine next 4 ingredients with ½ cup of *each* shredded cheese and spoon ½ of mixture over tortillas. Repeat layers, ending with Salsa mixture. Cover with plastic wrap and microwave on high 10-12 min, rotating dish during cooking. Remove wrap, sprinkle with remaining cheese, let stand until cheese melts, cut into squares. Serves 6.

For free recipes and information about our recipe video, write S&W Fine Foods, San Ramon, CA 94583-0587.

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Monday

Cool Bean Dip Crunchy Guacamole
Pocket Bread Chips
Milk Fruit Jelly Candy

Tuesday

Ham Rolls with String Cheese,
Carrots, Celery, and Breadsticks
Fruit Juice Brownie

School lunches for a week

Rated A-OK by a classroom panel; nutrition approved by the home team

MEET THE CHALLENGE of back-to-school lunches with this student-tested and approved week-long plan. The featured foods can be packed the night before to travel in containers designed to keep foods at safe temperatures. (**If making these dishes ahead, refrigerate up to a day.*) On page 164, we survey colorful, practical lunch containers now available; a small collection of them brings flexibility to lunch menus.

Monday. Begin the week with bean dip and guacamole to scoop onto pocket bread or crunchy vegetables. Bring cold milk in a small insulated bottle. Tuck in jelly candy.

Cool Bean Dip

- ¾ cup canned pinto beans
- 2 tablespoons regular-strength chicken broth
- ½ to 1 teaspoon chili powder
- ¼ cup drained canned corn kernels

Rinse, drain, and mash beans with broth and chili powder to taste. Stir in corn. Seal in a 1-cup plastic container.* Serves 1.

Per serving: 183 cal. (8.4 percent from fat); 11 g protein; 1.7 g fat (0.2 g sat.); 33 g carbo.; 552 mg sodium; 0 mg chol.

NORMAN A. PLATE

SECOND GRADERS *rate box lunches for this story.*

Wednesday

Dried Fruit and Peanut Butter Sandwiches
Frosty Yogurt Shake
Grapes Honey

Crunchy Guacamole

Children on our taste panel who liked avocado and apple liked them together, despite some pretaste doubts.

- 1 small (about 5 oz.) ripe avocado, peeled and pitted
- 1 tablespoon lemon juice
- ½ cup chopped tart green apple
- Salt and pepper

Mash avocado with lemon juice; stir in apple and add salt and pepper to taste. Seal in a 1-cup plastic container.* Serves 1.

Per serving: 214 cal. (67 percent from fat); 2.3 g protein; 16 g fat (2.6 g sat.); 20 g carbo.; 14 mg sodium; 0 mg chol.

Pocket Bread Chips or Vegetable Dippers

Cut each **pocket bread round** into 6 wedges. Lay in a single layer in a pan that is just big enough to hold all the pieces. Bake in a 350° oven until crisp and toasted, about 10 minutes. Let cool. Pack each serving airtight in a plastic bag up to a day; freeze to store longer.

For vegetable dippers, cut at least 6 to 8 slices (per person) of rinsed and drained **jicama,** cucumber, celery, or carrots. Pack each portion airtight in a plastic bag.*

Tuesday. Pack this lunch in an insulated lunch box to keep the roll-up ingredients and juice cool. Use the ham to wrap around vegetables, cheese, or breadsticks; or just munch as you like, while sipping juice from a single-serving package.

Ham Rolls with String Cheese, Carrots, Celery, and Breadsticks

- 3 thin slices (about 2 oz. total) cooked ham
- 1 piece (about 1 oz.) string cheese
- 4 baby carrots, scrubbed and ends trimmed
- 4 pieces celery, each about 3 inches long, rinsed and drained
- 3 or 4 breadsticks, 6 to 8 inches long

Cut ham slices in half. In a shallow 2-cup plastic container, layer ham, cheese, carrots, and celery; put on tight-fitting lid.* Seal breadsticks in a plastic bag up to a day ahead. At lunchtime, roll ham around other foods to eat. Serves 1.

Per serving: 292 cal. (24 percent from fat); 23 g protein; 7.8 g fat (1.9 g sat.); 28 g carbo.; 1,250 mg sodium; 49 mg chol.

Wednesday. A brown paper bag, or one made of pretty, bright paper or fabric, works well for this lunch. The dried fruit sandwiches, grapes, and honey for dipping don't need to be chilled. But they will be kept cool by the yogurt shake that leaves home frozen. By noon, the shake is thawed enough to drink, but still frosty.

Dried Fruit and Peanut Butter Sandwiches

- 8 moist-pack dried apple slices
- 8 dried apricot halves
- 4 teaspoons smooth or chunk peanut butter

On each of half the apple slices and apricot halves, put ½ teaspoon peanut butter. Press a matching fruit piece firmly onto peanut butter. Seal in a 1-cup plastic container.* Makes 1 serving.

Per serving: 263 cal. (38 percent from fat); 7.3 g protein; 11 g fat (1.8 g sat.); 39 g carbo.; 128 mg sodium; 0 mg chol.

Frosty Yogurt Shake

- 1 container (8 oz.) nonfat strawberry-flavor yogurt
- 1 cup cranberry juice cocktail

Scoop fruit-flavor yogurt into a 1-pint plastic bottle with tight-fitting lid (with pop-up straw, if desired); add cranberry juice cocktail. Seal shut with lid. Freeze at least 4 hours or up to 1 month.

Wrap bottle in paper napkin (to absorb moisture that forms as shake thaws) and pack in lunch. Serve within 4 to 5 hours, when thawed but

Thursday

Chef's Salad Snack Croutons
Red Apple Milk
Peanut Butter Cookie

Friday

Kid's Choice—French Bread Pizza
Orange Wedges Fruit Soda
Chocolate Wafer Cookies

still cold; shake to mix, then drink. Makes 1 serving.

Per serving: 244 cal. (1.1 percent from fat); 9 g protein; 0.3 g fat (0 g sat.); 53 g carbo.; 135 mg sodium; 4 mg chol.

Other shake combinations. Guava-papaya-flavor nonfat yogurt with orange juice; peach-flavor nonfat yogurt with apple juice.

Thursday. Be sure to include a plastic fork so you can mix and eat the big salad. To keep salad cool, set the container on a small frozen coolant pouch in your lunch box, or use an insulated lunch box. Buy milk at school, or bring in an insulated bottle.

Chef's Salad

- 1 cup rinsed, crisped bite-size pieces iceberg or romaine lettuce
- 3 or 4 thin cucumber slices
- 3 or 4 cherry tomatoes, rinsed, drained, and stemmed
- 3 or 4 sugar snap peas, ends and strings removed, rinsed and drained (optional)
- About 1 ounce Swiss cheese, cut into thin sticks
- About 1½ ounces sliced cooked turkey (or turkey sandwich slices), slivered
- About 2 tablespoons prepared salad dressing (choose a favorite)
- Snack croutons (recipe follows)

In a 2-cup plastic container with a tight-fitting lid, layer lettuce, cucumber, tomatoes, snap peas, cheese, and turkey; put on lid.*

Put dressing in another, smaller plastic container with tight-fitting lid.* Seal croutons in a small plastic bag. To eat, pour dressing over salad. Munch croutons with salad. Serves 1.

Per serving without croutons: 319 cal. (56 percent from fat); 22 g protein; 20 g fat (7.2 g sat.); 13 g carbo.; 324 mg sodium; 66 mg chol.

Snack croutons. Cut 1 slender, small (about ¼-lb.) **baguette** or crusty roll into ½-inch-thick rounds. In a plastic bag, mix 2 tablespoons **olive** or salad **oil,** ½ teaspoon **garlic salt,** and 1 teaspoon *each* **dried basil leaves** and **dried oregano leaves.** Add bread slices; shake to coat evenly with seasonings.

Arrange slices in a single layer in a 10- by 15-inch pan. Bake in a 350° oven until tops are golden, 10 minutes; turn slices over and bake until golden on top, 5 to 6 minutes more. Let cool; wrap airtight and store up to 1 week. Freeze croutons to store longer. Serves 4.

Per serving: 145 cal. (47 percent from fat); 2.7 g protein; 7.6 g fat (1.1 g sat.); 16 g carbo.; 305 mg sodium; 0.9 mg chol.

Friday. The last day of the week deserves something special, like pizza on a crusty roll that's good cold. You can make one-serving portions in a toaster oven.

At home, cut orange into wedges and pack them snugly in a small plastic bag, or pack the whole fruit and peel it when ready to eat. Crisp chocolate wafers are good with the fruit.

Kid's Choice—French Bread Pizza

- 1 crusty roll, about 6 inches long
- 3 tablespoons prepared pizza sauce
- About ½ cup shredded mozzarella cheese
- About ¼ cup thinly sliced pepperoni
- 6 thin slices yellow or red bell pepper

Cut roll in half horizontally. Set in an 8- to 10-inch-wide pan. Bake in 400° oven until toasted, about 6 minutes. Spread cut sides with pizza sauce, then top with mozzarella cheese, pepperoni, and bell pepper.

Bake until cheese melts enough for toppings to stick securely to the cheese. Let cool. Package airtight in a plastic bag or foil.* Makes 1 serving.

Per serving: 484 cal. (45 percent from fat); 21 g protein; 24 g fat (10 g sat.); 45 g carbo.; 1,326 mg sodium; 54 mg chol. ■

By Betsy Reynolds Bateson

Bright, durable lunch carriers

NORMAN A. PLATE

BOXES, BAGS *for lunch come insulated, nonbreakable.*

Snappy styles and cool colors turn lunch carriers into a fashion statement, sort of. And because different carriers work well for different kinds of foods, you might want more than one.

Insulated bags or boxes come as soft fabric packs or rigid plastic containers; they will keep chilled foods cool enough to prevent any likelihood of food spoilage between morning departure and lunch (particularly if the lunch box is chilled overnight, too). Small units of leakproof frozen coolant can be tucked in to keep foods cooler, also.

Rigid plastic boxes will protect foods if lunch is carried with books in a backpack; some boxes have compartments to keep hard foods from squishing soft fruits and foods.

The old standby, the brown paper bag, is now duplicated in bright washable fabrics.

Insulated bottles and cups, and bowls and boxes with tightly sealing lids, all of break-resistant plastic, are available in ½- to 2-cup sizes.

Chili Success

Make your next meal a smashing success with Hormel Chili No Beans and Success® Rice.

2 bags Success® Rice
1 (15 oz.) can Hormel Chili No Beans
1 (6 oz.) can vegetable juice
3 cups frozen vegetables, thawed, drained
sliced green onions
sour cream
grated cheddar cheese

Cook rice according to directions. In large sauce pan, combine chili, vegetable juice, and mixed vegetables. Bring to a boil, cover, and simmer over low heat for four minutes. Serve over rice, and top with sliced green onions, sour cream, and grated cheese. Serves four.

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Bertolli Risotto e Gamberetti Risola

2 Tbsp. Bertolli Extra Virgin Olive Oil
2 Tbsp. diced red onion
1-1/4 cups imported or domestic medium or long grain white rice
1/3 cup dry white wine
4 to 5 cups unsalted chicken broth, kept hot over low heat
12 oz. small shrimp, shelled and deveined
1 cup peas
1 tsp. grated lemon zest
1 Tbsp. fresh lemon juice
1/2 tsp. salt, or more to taste
Freshly ground black pepper, to taste
Finely chopped fresh basil or Italian parsley

1. Heat 1 Tbsp. of Bertolli Olive Oil in a large saucepan over low heat. Add onion. Cook, stirring, until tender, 5 min. Stir in rice and coat with the oil.

2. Add wine, heat to boiling; stir over high heat until almost evaporated. Stir in 1 cup of chicken broth; cover & cook over low heat 5 min. Uncover, stir in an add'l 1 cup of broth; heat to boiling. Cover & cook over low heat 10 min. Uncover, stir in remaining 1 cup broth, shrimp, peas, lemon zest. Cook uncovered, stirring constantly, until rice is tender to the bite, the dish is moist & creamy, and shrimp are cooked through, 5 to 8 min. Add broth if needed to keep rice creamy. Add remaining 1 Tbsp. Bertolli Olive Oil & lemon juice; stir in salt and black pepper, to taste.

3. Arrange to suit on plate and garnish with fresh parsley and/or basil. Serves 4.

Risotto e Gamberetti Risola

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PETER CHRISTIANSEN

PINK SALMON, *layered with rice and spinach, fills pie.*

Dinner pie: salmon and spinach

GOOD-LOOKING AND easy to make, this dinner pie is delicious hot, at room temperature, or chilled. If you make it a day ahead, cover when cool, then chill.

Salmon and Spinach Pie

- 2 packages (10-oz. size) frozen chopped spinach, thawed
- 1 large egg
- 2 cups cooked rice
- 2 teaspoons dried tarragon leaves
- ¼ teaspoon ground nutmeg
- ¾ teaspoon pepper
- 1⅓ pounds boned and skinned salmon fillets, cut ½ inch thick
- No-fat duxelles (recipe follows)
- 1 sheet (9 in. square, about 8 oz.) frozen puff pastry, barely thawed
- Salt, sour cream, and lemon wedges

Squeeze liquid from spinach. In a bowl, beat egg to blend; save 1 tablespoon. Mix remaining egg with spinach, rice, tarragon, nutmeg, and pepper; pat half into an oiled 9-inch-diameter shallow casserole.

Lay salmon in casserole; cover with duxelles, then top with remaining rice mixture.

On a floured board, roll pastry into an 11-inch square. Cut an 11-inch round and drape over pie. Snip rim and fold decoratively; brush pastry with egg. Top pie with cut-out pastry scraps; brush with remaining egg. Bake in a 375° oven until top is golden brown, 35 to 40 minutes. Scoop from dish. Add salt, sour cream, and lemon to taste. Serves 6 to 8.

Per serving: 351 cal. (36 percent from fat); 22 g protein; 14 g fat (1 g sat.); 31 g carbo.; 243 mg sodium; 68 mg chol.

No-fat duxelles. In a 10- to 12-inch frying pan over medium-high heat, frequently stir 3½ cups (¾ lb.) chopped **mushrooms,** ¼ cup minced **shallots,** and ¼ teaspoon **ground nutmeg** until vegetable juices evaporate and mixture browns and sticks, 10 to 12 minutes. Add ¼ cup **dry white wine;** stir often until vegetables brown, about 3 minutes. Remove from heat. Stir in ⅓ cup more dry white wine to loosen browned bits. Use warm or cool. ■

By Elaine Johnson

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Broiled Teriyaki Chops.

(Serves 4) Cal. 196, Fat 6.9 gm, Chol. 70 mg.

Combine 2 T. Teriyaki sauce, 1 T. each brown sugar and minced green onion, and 1 t. lemon juice.

Marinate four, 1 in. thick, boneless pork chops in mixture, in refrigerator, 1-2 hours. Remove, keep marinade.

Place chops on broiler rack. Broil 5-6 in. from heat 12-15 min. Brush with marinade. Turn once.

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SUNSET'S KITCHEN CABINET

Creative ways with everyday foods—submitted by *Sunset* readers, tested in *Sunset* kitchens, approved by *Sunset* taste panels

Artichoke Pesto Pasta

Kathryn Murdock, Moss Beach, California

- ½ cup pine nuts
- 1 can (10 oz.) artichoke hearts in water, drained; or 1½ cups cooked edible-parts artichokes
- ½ cup grated parmesan cheese
- 1 small package (3 oz.) cream cheese
- ¼ cup diced white onion
- 1 tablespoon Dijon mustard
- 1 clove garlic, minced or pressed
- ⅛ teaspoon ground nutmeg
- About 1 cup regular-strength chicken broth
- ¾ pound dried fettuccine
- ¼ cup minced parsley
- ¼ teaspoon crushed dried hot red chilies

In an 8- to 10-inch frying pan, stir pine nuts over medium heat until golden, 5 to 7 minutes. Pour into a small bowl.

In a food processor or blender, purée artichokes, parmesan, cream cheese, onion, mustard, garlic, nutmeg, and ½ cup broth (¾ cup with fresh artichokes).

Bring about 4 quarts water to a boil in a 6- to 8-quart covered pan on high heat. Add pasta; cook, uncovered, just until tender to bite, about 8 minutes. Drain well. Return to pan over medium heat; at once add ¼ cup broth. Lift pasta with 2 forks until broth is hot, about 30 seconds. Pour mixture into a warm wide bowl. Pour artichoke mixture onto pasta. Sprinkle with parsley, nuts, and chilies; lift with forks to mix. Serves 6 to 8.

Per serving: 290 cal. (37 percent from fat); 12 g protein; 12 g fat (4.4 g sat.); 36 g carbo.; 213 mg sodium; 56 mg chol.

SEASON HOT COOKED PASTA *with artichoke pesto and pine nuts.*

Vinegar Bean Soup

B. C. Flannery, Spokane, Washington

- 3 large (about 1½ lb. total) onions
- 2 dried bay leaves
- 1 tablespoon olive or salad oil
- 4 cans (15 to 17 oz. each) butter or lima beans
- 3½ cups or 2 cans (14½ oz. each) regular-strength beef broth
- ½ cup firmly packed brown sugar
- 6 tablespoons cider vinegar or rice vinegar
- 2 tablespoons dry mustard
- 1 teaspoon grated lemon peel
- ¼ cup minced parsley

Chop onions. In a 5- to 6-quart pan over medium-high heat, combine onions, bay leaves, and oil; stir often until onions are limp, about 10 minutes.

Meanwhile, in a blender or food processor, purée smoothly 2 cans of beans and their liquid. Add to pan, along with remaining beans and their liquid, broth, sugar, vinegar, mustard, and lemon peel. If making ahead, cover and chill up to a day. Bring to simmering on high heat; stir often. Ladle into bowls and top with parsley. Serves 7 or 8.

Per serving: 263 cal. (11 percent from fat.); 12 g protein; 3.2 g fat (0.2 g sat.); 51 g carbo.; 675 mg sodium; 0 mg chol.

HEARTY SWEET-AND-SOUR SOUP *of canned butter beans makes a quick main dish.*

Italian Oven-fried Potatoes

Mickey Strang, McKinleyville, California

These potatoes take little attention.

- 2 pounds red-skinned potatoes, scrubbed, cut into 1-inch chunks
- 1 to 2 tablespoons olive oil
- 2 tablespoons minced fresh or 2 teaspoons dried oregano leaves
- 2 tablespoons minced fresh or 2 teaspoons dried basil leaves
- 1 clove garlic, minced or pressed
- ⅓ cup grated parmesan cheese
- Fresh oregano and basil sprigs (optional)
- Salt

In a 10- by 15-inch pan, mix potatoes with oil. Bake in a 475° oven until they are a rich brown, 35 to 45 minutes; do not disturb until potatoes begin to brown, then use a wide spatula to turn pieces over several times.

Pour potatoes into a warm bowl and sprinkle with minced oregano, minced basil, garlic, and about ⅔ of the cheese. Mix, then sprinkle with remaining cheese; garnish with herb sprigs. Season to taste with salt. Serves 4.

Per serving: 249 cal. (21 percent from fat); 7.3 g protein; 5.9 g fat (1.7 g sat.); 42 g carbo.; 141 mg sodium; 5.2 mg chol.

CUBE POTATOES *and oven-fry. Season with herbs, garlic, and grated cheese.*

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1 package (10 ounces) BIRDS EYE Chopped Spinach, thawed, well drained
1 cup (4 ounces) KRAFT Light Naturals Shredded Low-Moisture Part-Skim Mozzarella Cheese
1 cup LIGHT N' LIVELY FREE Nonfat Cottage Cheese
1 egg white
1 tablespoon KRAFT 100% Grated Parmesan Cheese
¼ teaspoon ground nutmeg
16 jumbo pasta shells (for filling), cooked, drained
1 jar (13½ ounces) spaghetti sauce, no salt added

Heat oven to 375°F. Mix spinach, mozzarella cheese, cottage cheese, egg white, Parmesan cheese and nutmeg until blended. Fill each shell with a heaping tablespoon of spinach mixture. Place in 12 x 8-inch baking dish; spoon sauce over shells. Cover with foil. Bake 30 to 40 minutes or until thoroughly heated. Makes 4 servings.

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Strawberry Chicken

Linda Salisbury, Reno

- 1 small can (8 oz.) tomato sauce
- 1 cup strawberry jam
- 2 tablespoons vinegar
- 1 tablespoon chili powder
- ½ teaspoon *each* dried thyme leaves and ground ginger
- 10 to 12 skinned chicken thighs (2 to 2½ lb. total), fat discarded
- ½ cup thinly sliced green onions
- Salt

In a shallow 3-quart casserole, mix tomato sauce, jam, vinegar, chili powder, thyme, and ginger. Roll chicken in the sauce.

Bake, uncovered, in a 400° oven until meat is no longer pink at bone (cut to test), about 45 minutes; baste chicken occasionally. Sprinkle with onions; add salt to taste. Serves 5 or 6.

Per serving: 357 cal. (30 percent from fat); 21 g protein; 12 g fat (3.4 g sat.); 42 g carbo.; 315 mg sodium; 72 mg chol.

CHICKEN THIGHS, *baked in stawberry sauce, have extra sauce for rice.*

Irish Soda Bread

Louise Galen, Los Angeles

- 3 cups all-purpose flour
- ½ cup sugar
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1½ cups currants or raisins
- 1¾ cups buttermilk
- 2 large eggs
- 3 tablespoons melted butter or margarine
- ½ teaspoon vanilla

In a large bowl, mix flour, sugar, baking powder, baking soda, and the currants. In a small bowl, beat to blend buttermilk, eggs, 2 tablespoons butter, and vanilla. Add to flour mixture and stir until evenly moistened.

Spread in a buttered 10-inch-diameter ovenproof frying pan or cheesecake pan with removable rim; drizzle with remaining butter.

Bake in a 350° oven until bread is well browned and pulls from pan sides, about 45 minutes. Serve warm or cool. Makes 1 loaf, about 2½ pounds.

Per ounce: 75 cal. (16 percent cal. from fat); 1.8 g protein; 1.3 g fat (0.7 g sat.); 14 g carbo.; 76 mg sodium; 13 mg chol.

SODA BREAD, *studded with tiny currants, bakes in an ovenproof frying pan.*

Chocolate Torte

Roxanne E. Chan, Albany, California

- ½ cup corn syrup
- 4 ounces unsweetened chocolate, coarsely chopped
- 3 large eggs, separated
- ¾ cup sugar
- ½ cup (¼ lb.) butter or margarine
- ½ cup all-purpose flour
- ½ cup minced pecans
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- ½ cup raspberry jam
- Glaze (recipe follows)

In a 1- to 1½-quart pan over medium heat, stir syrup until hot. Add chocolate and remove from heat; stir often until chocolate is melted. Cool slightly.

In a deep bowl, whip egg whites on high speed until frothy; gradually beat in ½ cup sugar. Whip whites until they hold soft, distinct peaks.

With the unwashed beaters, in another bowl beat remaining sugar and butter until smoothly mixed. Stir in chocolate mixture, yolks, flour, pecans, baking powder, and cinnamon; beat to blend thoroughly. Stir about ¼ of the whites into batter; gently fold in remaining whites until well mixed.

Scrape batter into a buttered and floured 9-inch-diameter cheesecake pan with removable rim; smooth batter. Bake in a 350° oven until cake is firm when lightly touched in center, about 30 minutes. Cool in pan. Remove pan rim. Spread jam on top of cake. Drizzle glaze over top and sides. Serve or, if making ahead, cover airtight up to 2 days. Serves 10 to 12.

Per serving: 375 cal. (48 percent from fat); 4 g protein; 20 g fat (10 g sat.); 50 g carbo.; 144 mg sodium; 74 mg chol.

Glaze. In a 1- to 1½-quart pan over medium heat, stir ¼ cup **corn syrup** until hot. Add 4 ounces chopped **semisweet chocolate;** remove at once from heat and stir until melted. Use warm.

Compiled by Karyn I. Lipman

GLOSSY CHOCOLATE GLAZE *coats dense cake; top with pecans, if desired.*

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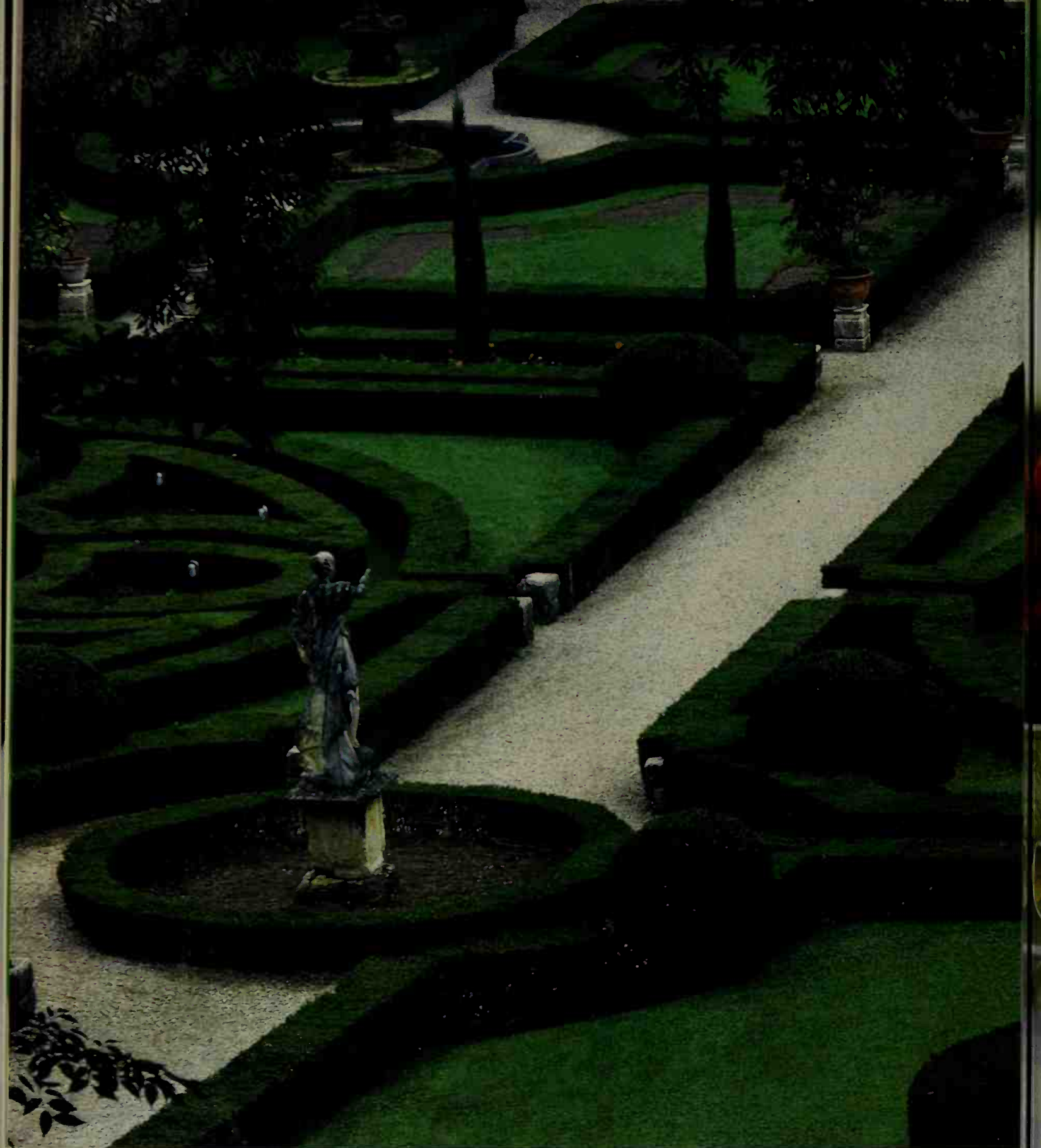

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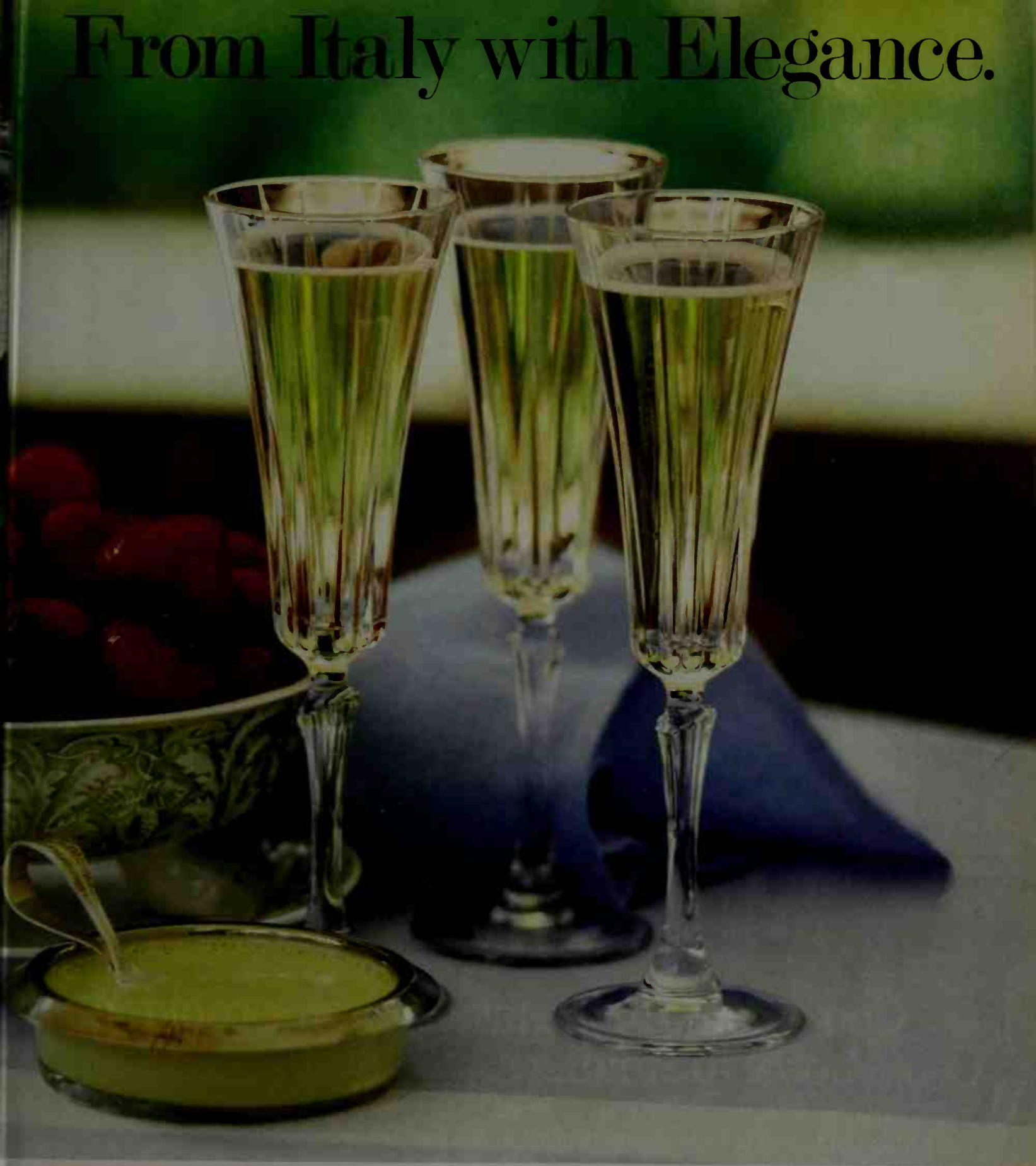

The sparkling muscat wine with the strawberries and *zabaglione* is an Asti Spumante from Piedmont. We could have chosen a still Vin Santo dessert wine from Tuscany or a sweet Marsala from Sicily. After all, the 20 regions of Italy produce more varieties of fine wine than any other country. And they go with any foods in America.

VINO

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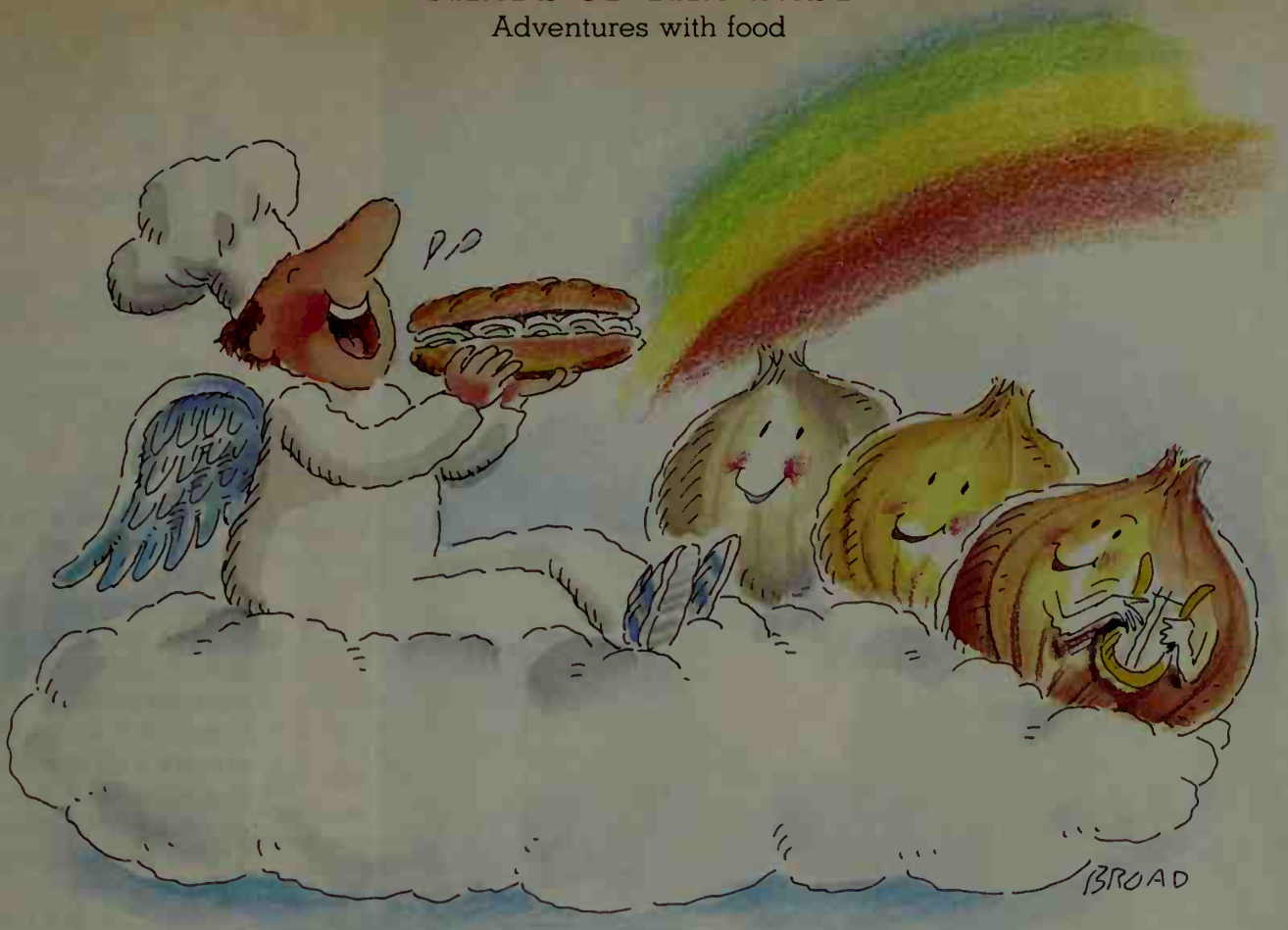

Paradise is onion slices between two pieces of bread

And Ruth Watson rewards with three sweet rolls, not just one

THE TRIO OF SWEET onions—Maui, Vidalia, and Walla Walla—has become a quintet with the arrival of Sweet Imperials from Southern California's Imperial Valley and Rio Grande Golds from Texas. All are bred to mature during short days and relatively cool weather. They are milder and sweeter than the long-day types and are sold primarily for immediate use. Each region claims superiority for its product, and each region is right. Frank Holder, of Rocky Ford, Colorado (a town noted more for its melons than for its onions), likes Sweet Imperials for his steak and onion sandwich, but, to be honest, any onion, slowly cooked, is sweet.

These open-faced sandwiches are spectacular as well as delicious; the onion rings are a lovely pinky golden color, the result of gentle cooking with butter and paprika. (True onion fanciers may object to the use of steak and the other trimmings; they believe that a thick slice of onion between two slices of bread is paradise enow.)

Steak and Sweet Onion Sandwich

- 1 beef flank steak, about 1½ pounds
- 1 cup beer
- ½ teaspoon freshly ground pepper
- ¾ cup light sour cream
- 3 tablespoons prepared horseradish
- 4 drops liquid hot pepper seasoning
- 3 large (about 2 lb. total) sweet onions, such as Walla Walla, Maui, or Sweet Imperial
- 1 tablespoon butter or margarine
- ½ teaspoon paprika
- 6 slices French bread cut about 1 inch thick

Trim and discard fat from flank steak. Lay meat flat in a 9- by 13-inch pan. Pour beer over meat and sprinkle with pepper. Cover and chill at least 4 hours or up to a day; turn the meat over several times.

Mix sour cream, horseradish, and hot pepper seasoning. If making ahead, cover and chill up to a day.

Slice onions. Melt butter in a 10- to 12-inch frying pan over medium heat; add onions and sprinkle with paprika. Stir often until very limp and pale gold color, about 25 minutes.

Meanwhile, on firegrate in a barbecue, ignite about 50 briquets. When briquets are dotted with ash, 25 to 30 minutes, spread in a single layer. Set grill 4 to 6 inches above coals; lightly oil grill. Lift meat from marinade, drain briefly, and place on grill; reserve marinade. Turn meat as needed to brown evenly; baste with remaining marinade. Do not baste after turning meat over for the last time. For medium-rare (red-pink in center; cut to test), cook about 10 minutes. The last 2 to 3 minutes, toast bread on grill.

On a board, cut meat across the grain into thin, slanting slices. Spread bread with horseradish mixture; pile meat, then onions, equally onto slices. Serves 6.

Per serving: 361 cal. (32 percent from fat); 24 g protein; 13 g fat (6.1 g sat.); 36 g carbo.; 299 mg sodium; 57 mg chol.

Frank Holder

Rocky Ford, Colorado

(Continued on page 176B)

Stove Top® makes Hawaiian Chicken simple.

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Hawaiian Stuffed Chicken Breasts

2/3 cup hot water
2 Tbsp. margarine
2 cups STOVE TOP® in the Canister Chicken Flavor Stuffing Mix
1 can (8 1/4 oz.) crushed pineapple in syrup
4 boneless, skinless chicken breast halves, pounded 1/4" thick
1 medium green pepper*, chopped
2 Tbsp. brown sugar
2 Tbsp. vinegar
1/4 tsp. ground ginger

- Heat oven to 400° F.
- Mix hot water and margarine in bowl. Stir in stuffing mix, pepper, half the pineapple and syrup.
- Spoon stuffing evenly on chicken; roll tightly. Secure with toothpicks. Place in 9" square pan with any remaining stuffing in center.
- Mix remaining pineapple and syrup, sugar, vinegar and ginger. Spoon over chicken. Bake 30 minutes or until thoroughly cooked.

*or use 1/2 red pepper and 1/2 green pepper. Makes 4 servings.

For more recipes write: KGF, P.O. Box 23068, Kankakee, IL 60902. ©1992 Kraft General Foods, Inc.

"KIMIKO'S SALAD *works on the principle of gunpowder.*"

CHARCOAL, SALTPETER, and sulfur aren't remarkable individually, but combined they form an explosive mixture—gunpowder. Kimiko Bigelow's Korean-style salad works on the same principle; here beef, lettuce, and some seasonings produce a main-course salad that resembles Chinese chicken salad in the same way a Marine band resembles a string quartet.

Salads like this are ideal for important lunches or for dinners when your appetite calls for something significant in flavor.

Korean-style Salad

- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sake (or 1 more teaspoon rice vinegar)
- 1½ teaspoons sugar
- 1 teaspoon Oriental sesame oil
- 1 teaspoon minced or pressed garlic (optional)
- 1 pound thinly sliced, fat-trimmed cooked roast beef, shredded
- 1 small (1 lb.) iceberg lettuce, rinsed, crisped, and shredded
- 1 cup thinly sliced celery
- 2 green onions, including tops, thinly sliced
- 1 large (¼ lb.) carrot, finely shredded
- Fresh cilantro (coriander) sprigs

In a bowl, stir together soy sauce, oyster sauce, vinegar, sake, sugar, sesame oil, garlic, and beef.

In a large bowl, mix lettuce, celery, green onions, and carrot.

If making ahead, cover both containers and chill up to 4 hours.

Pour beef mixture onto vegetables, mix well, and scatter with cilantro sprigs. Makes 4 to 6 servings.

Per serving: 182 cal. (31 percent from fat); 24 g protein; 6.2 g fat (2 g sat.); 7.3 g carbo.; 532 mg sodium; 61 mg chol.

Kimiko Bigelow

San Jose, California

NO KAFFEEKLATSCH is possible without some sort of coffee cake. Doughnuts, brioches, or croissants, unless they are homemade, indicate lack of preparation for the event.

Ruth Watson has the right idea with her Walnut Coffee Roll, an overnight refrigerator yeast dough that enfolds a not-too-sweet filling of walnuts, graham cracker crumbs, and brown sugar. A bit of effort, to be sure, but the reward is three sweet rolls, not just one—her way of being prepared.

Walnut Coffee Roll

- 1 cup (½ lb.) butter or margarine
- ¼ cup granulated sugar
- About 4 cups all-purpose flour
- 1 package active dry yeast
- 1 cup warm (110°) water
- 2 large eggs
- 2 cups firmly packed brown sugar
- 1 cup chopped walnuts
- 1 cup graham cracker crumbs
- ¾ cup powdered sugar
- 1 tablespoon cool water

In a large bowl, cut butter into granulated sugar and 4 cups flour with a pastry blender or 2 knives until fine crumbs.

Meanwhile, in a small bowl, sprinkle yeast over warm water; let stand until softened, about 5 minutes. Add eggs and beat to blend, then pour into flour mixture and stir until moistened. Cover airtight and chill at least 12 hours or up to a day.

In another bowl, combine brown sugar, walnuts, and graham cracker crumbs.

Divide dough into 3 equal parts. On a lightly floured board, roll 1 portion dough into a 12-inch square. Spread square with ⅓ of the crumb mixture, pressing into dough. Snugly roll dough into a log; pinch ends to seal shut. Repeat with remaining dough and crumbs.

Place rolls, seams down, at least 2 inches apart on an ungreased 12- by 15-inch baking sheet. Cover with plastic wrap and let stand until slightly puffy, about 1 hour. Uncover and bake in a 350° oven until richly browned, about 35 minutes. Transfer to a rack.

In a small bowl, smoothly stir together powdered sugar and cool water. Drizzle evenly over warm rolls. Slice and serve warm or cool. To store, cool, wrap airtight, and hold up to a day, or freeze to store longer. Makes 3 rolls, each about 1¼ pounds.

Per ounce: 117 cal. (36 percent from fat); 1.5 g protein; 4.7 g fat (2.1 g sat.); 18 g carbo.; 48 mg sodium; 15 mg chol.

Ruth Elaine Watson

Littleton, Colorado

By Joan Griffiths, Richard Dunmire

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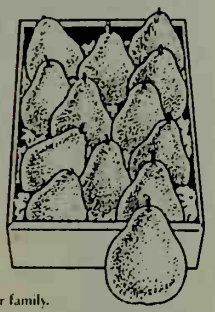

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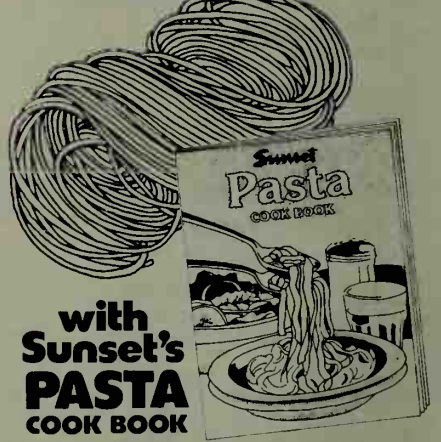

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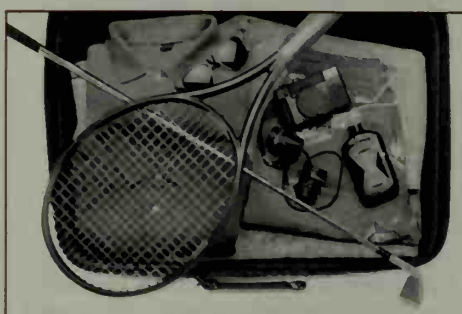

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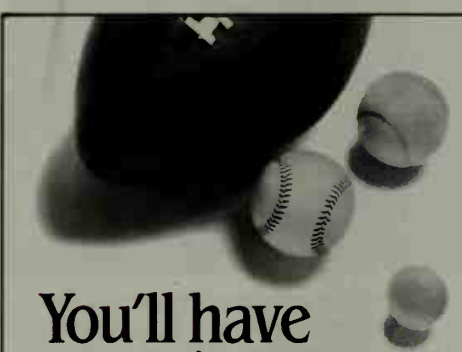

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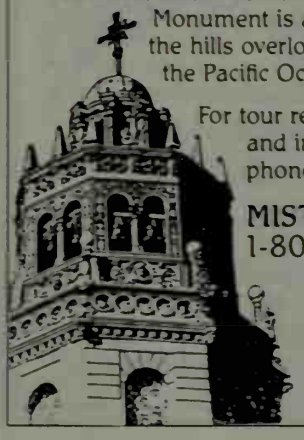

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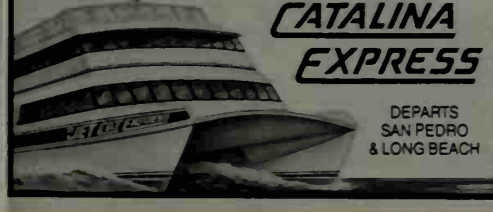

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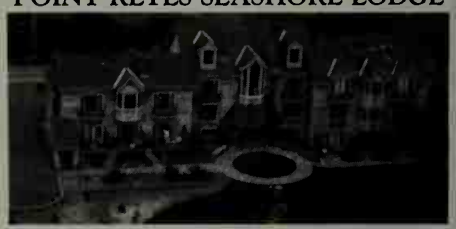

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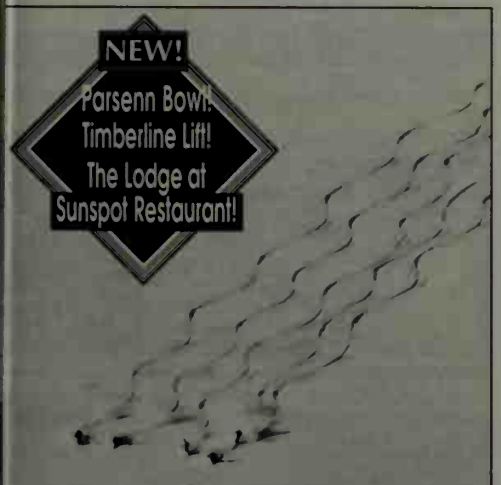

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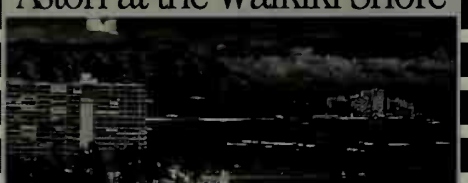

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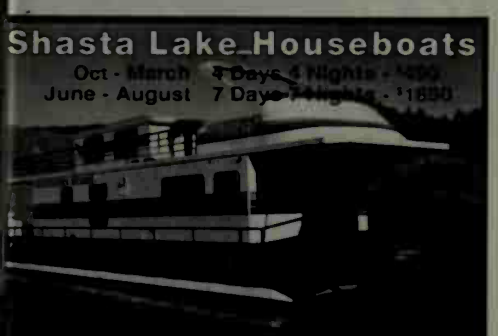

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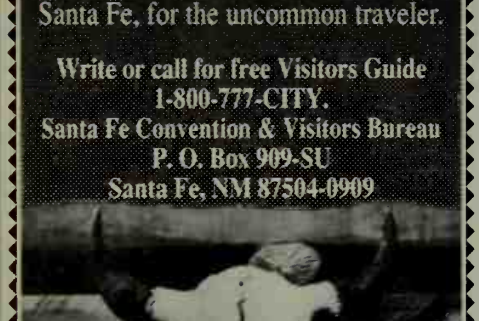

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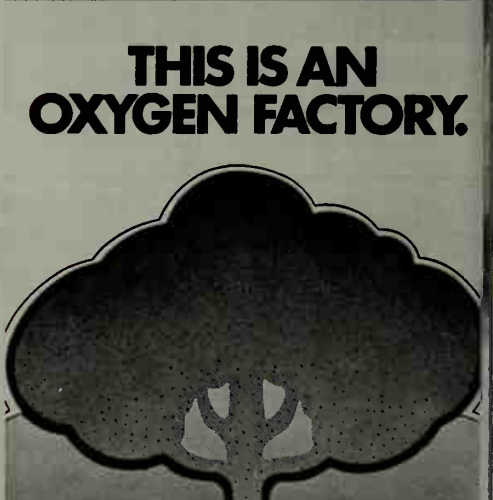

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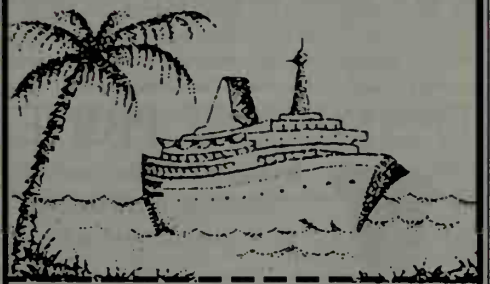

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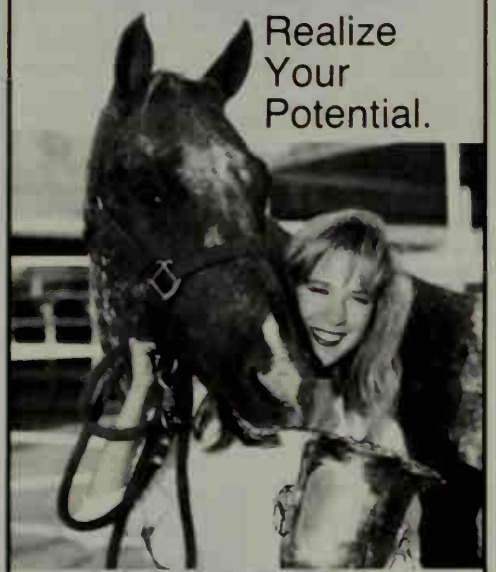

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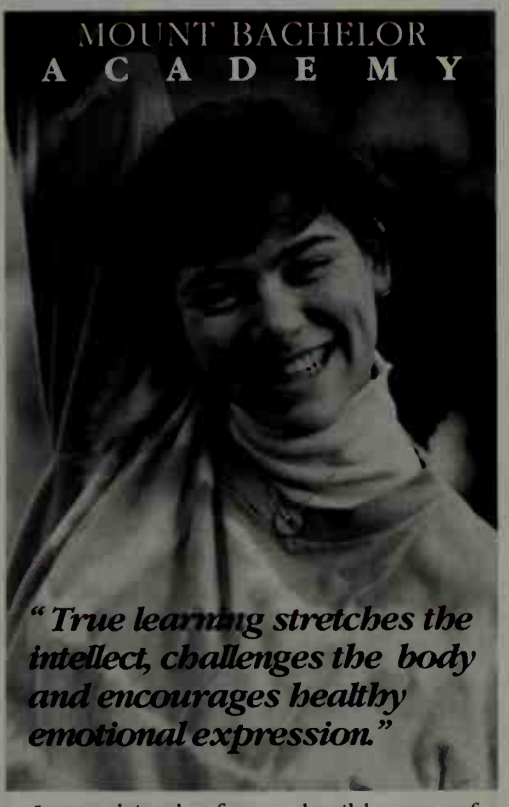

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beginning page 176D

TRAVEL DIRECTORY
beginning page 177

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beginning page 197

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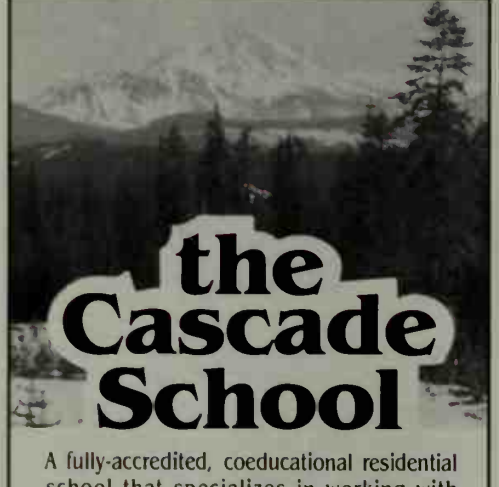

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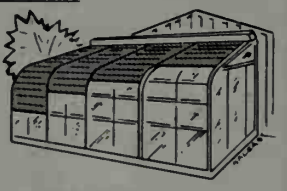

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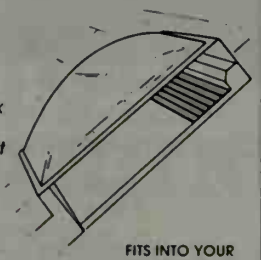

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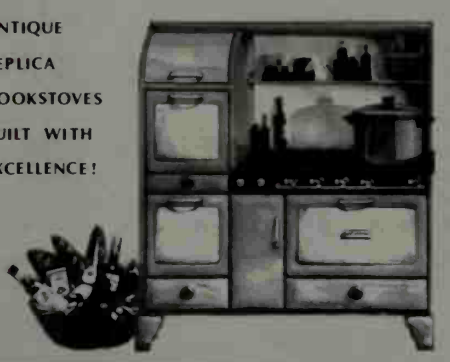

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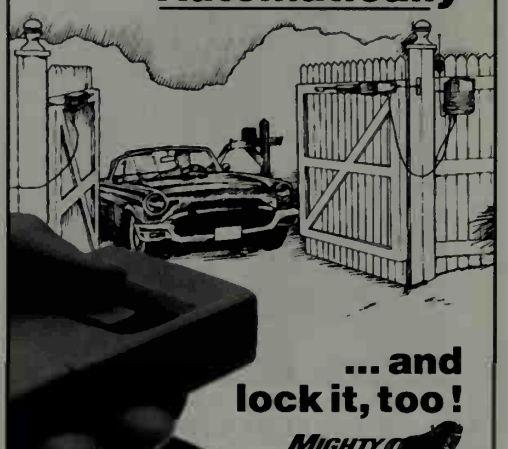

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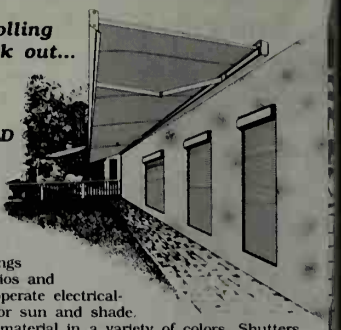

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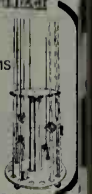

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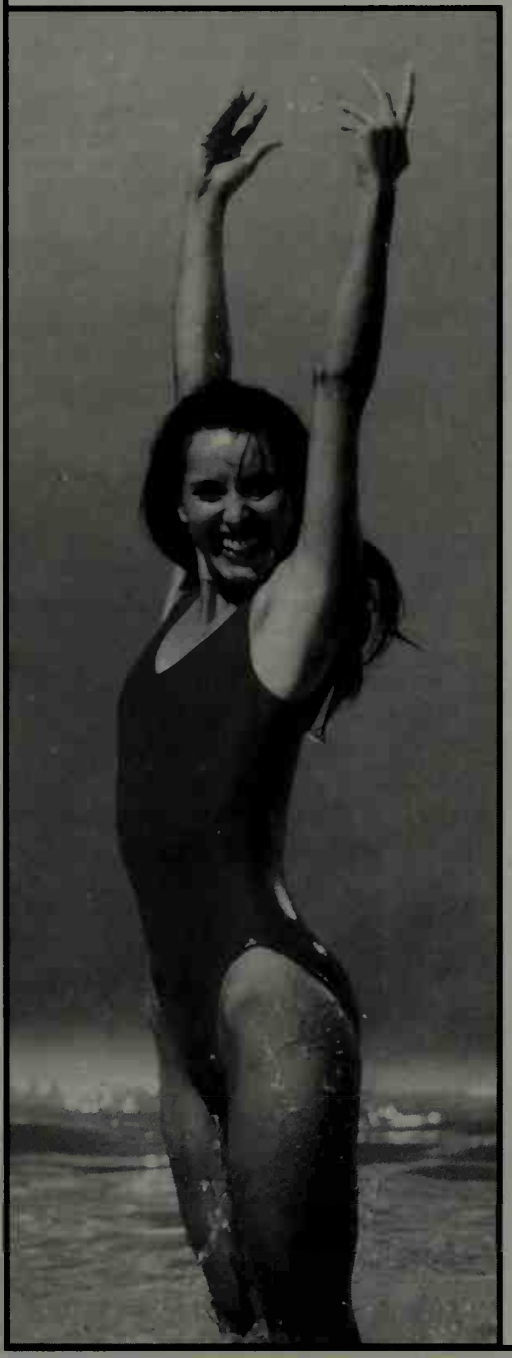

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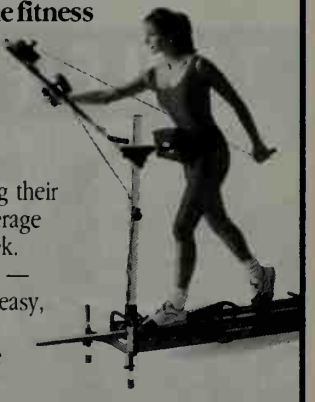

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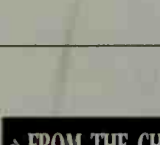

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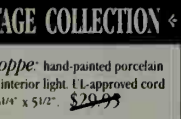

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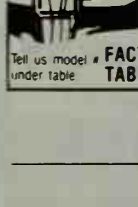

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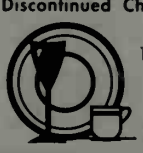

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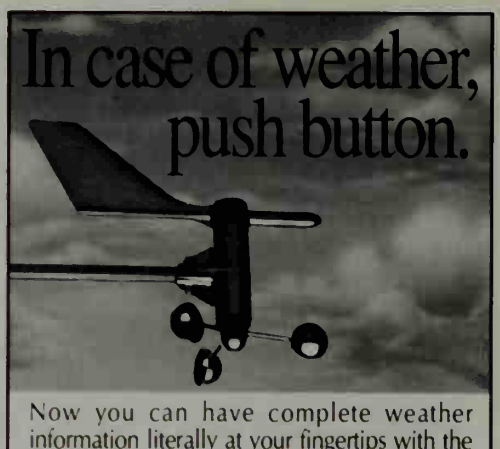

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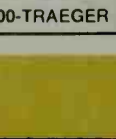

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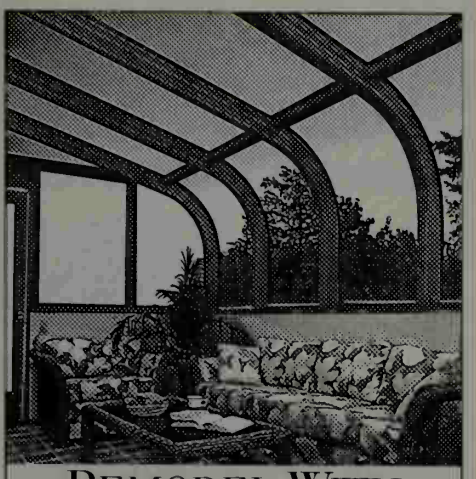

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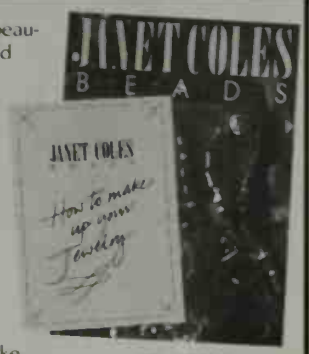

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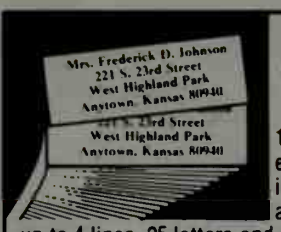

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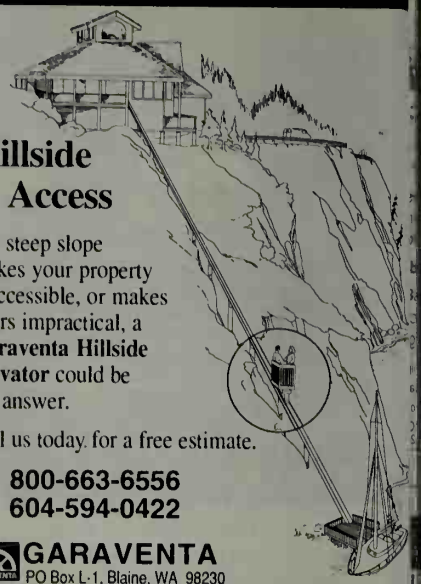

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STEPHEN SIMPSON

A new Western tradition . . . a Halloween pumpkin camp-out

Westerners have always been creative about celebrating traditional holidays in nontraditional ways—whether it's paddling a kayak in a Christmas boat parade or plunging into the Pacific for a New Year's Day swim. Four years ago, a group of San Diego residents scared up a new way to celebrate Halloween: pumpkin camping. In what's become a tradition, the tricksters take their pumpkins (many are home-grown) to Borrego Palm Canyon campgound in Anza-Borrego Desert State Park. They spend most of the day carving spooky or whimsical faces. Then at dusk, with the approval of the park ranger, they light up the 30 to 50 pumpkins around their group campsite and on a craggy canyon wall. After a potluck dinner, the campers roast s'mores and tell ghost stories around the fire—completing an All Hallows' Eve in the California desert.

2 November

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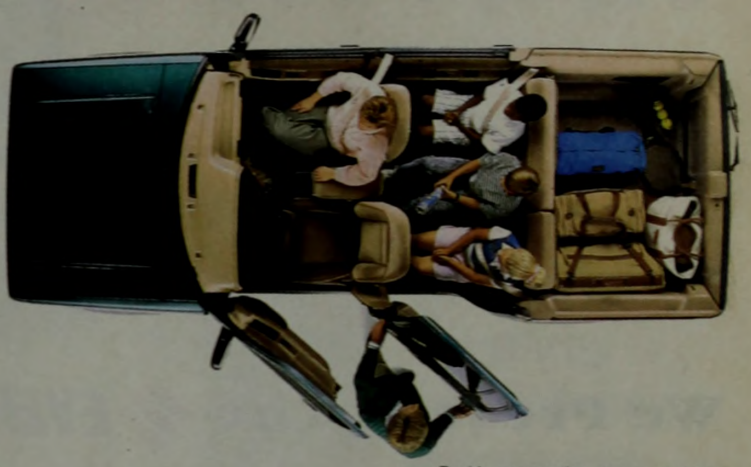

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NOVEMBER 1992 FEATURE ARTICLES

Coping with busy airports

Frustrated by long waits, crowded terminals, difficult flight connections? Here are ways to cope with—even enjoy—the West's 11 major airports as they face the challenge of providing better service.

20 A Bay Area mountain getaway
Come savor the small-town charms and forested surroundings of Los Gatos and Saratoga.

84 Billboard buildings in Los Angeles
Car-tuned architecture is making an eye-catching comeback.

88 The Sierra's troubled trees
Controversies over logging in the Sierra Nevada promise to be key issues in the year ahead.

90 Young artists at work
Three painters (ages 5, 3, and 1) show a talent for producing acrylic-on-canvas masterpieces.

147 Special section: Holiday Entertaining
We've packed these pages with recipes and decorating ideas to help you celebrate the season.

Cover: Holiday pies, photographed by Peter Christiansen.

Sunset
The Pacific Monthly

November 1992

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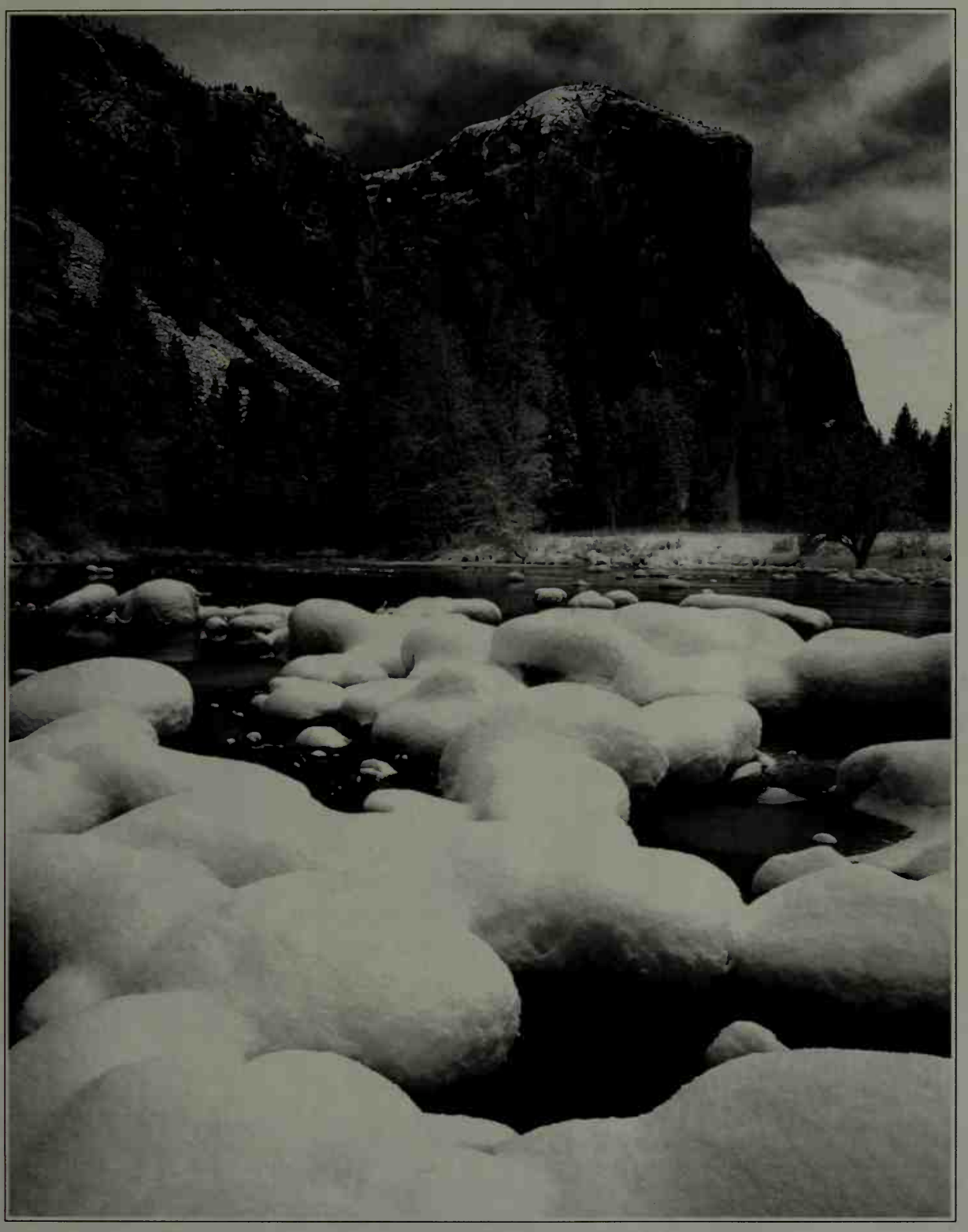

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FROM THE EDITOR

We've been getting ready for the holidays

MAYBE YOU KNOW THE FEELING. IT'S THE DAY before Thanksgiving and high time to organize the big meal. You don't know exactly how many guests are coming (lots), and you don't have nearly enough dishes. Everything has to look and taste great.

Those are more or less the challenges that food writer Christine Weber, designer Dennis Leong, and photography assistant Sara Jamison faced as they worked with many other members of our staff to develop the special holiday entertaining section in this issue.

Christine's responsibility was to pull together good food ideas—fresh recipes you can fit comfortably into your own plans for this tradition-rich time of year.

Dennis and Sara took it from there. They shopped for props, arranged table settings, made sure everything looked tasty. As they helped set up the photography—some in local homes, some in our photo studio—they had the same objectives you do: showing the food to best advantage, setting a scene that conveys a sense of warm welcome.

NORMAN A. PLATE

WHICH DISHES *for Thanksgiving? Sara Jamison and Dennis Leong pack props for photography session.*

When you turn to page 147, we hope you'll find plenty of ideas and inspiration for celebrating the season—its beauty and bounty—in your own home, or at a close friend's, or with the whole clan at Grandma's.

Bill Marken Editor

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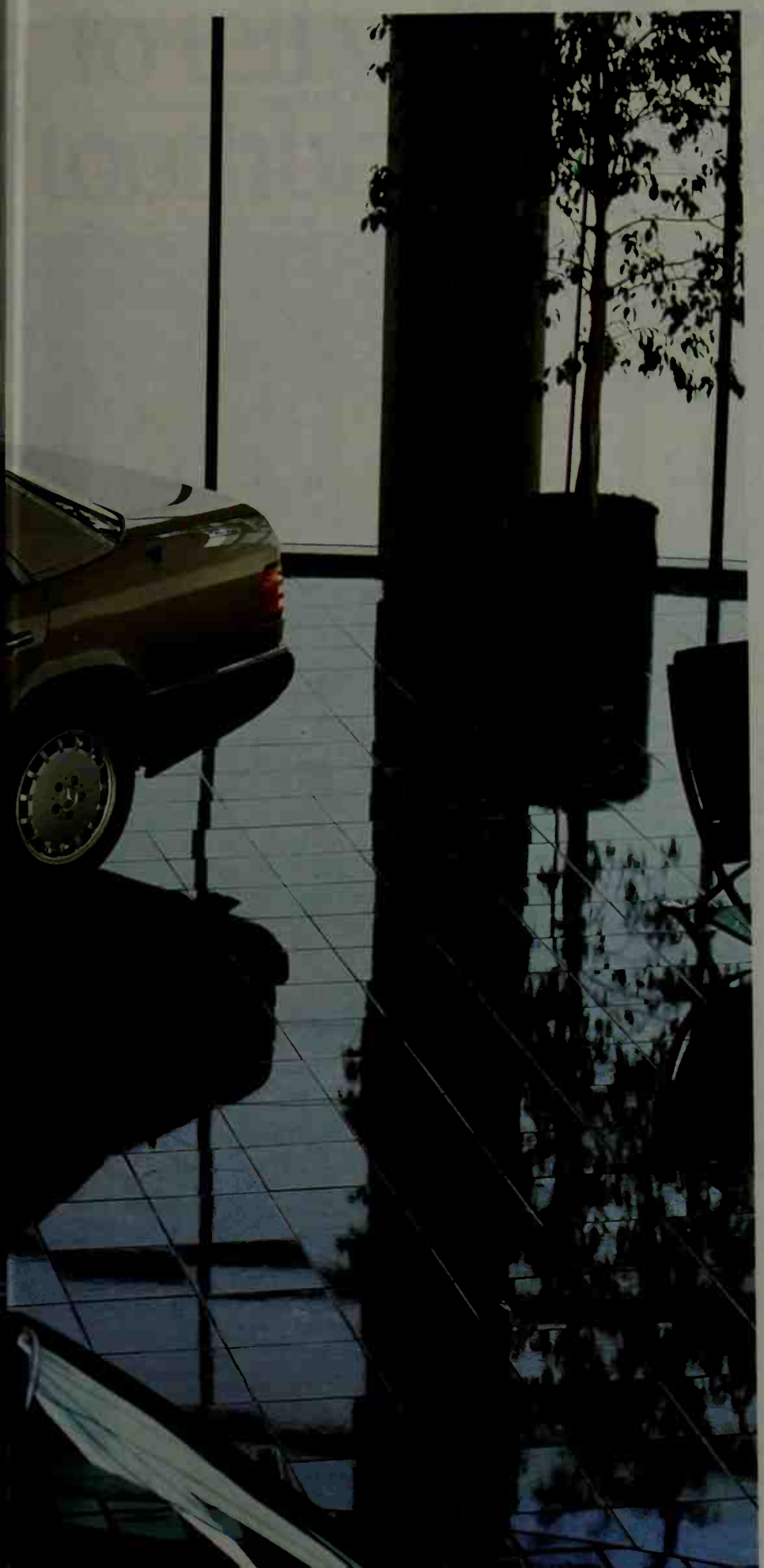

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August cover "a Zen moment"

Stephen Simpson's photo on the August *Sunset* cover (all but Northwest edition) glittered and beckoned to me all midsummer as it lay on a favorite table. The children's wonder, the beauty of hill, sea, sky, and sun—these combined in a Zen moment.

Marilyn Almeida
Santa Monica, California

Logging debate continues . . .

Forester James E. McCauley defended clear-cutting (August Open House, page 10) with a challenge to *Sunset* to prove that it is not sustainable. I suggest Mr. McCauley prove it *is* sustainable.

Clear-cuts begin with cutting everything down (bad enough), but what comes afterward is just as important. Was it done on a hillside where replanting is impossible and erosion is certain? Once cut, are natural mixed forests replanted as monoculture tree farms? Is herbicide sprayed to keep down natural regrowth?

Bad forestry practices justified for cheap lumber are costing us all plenty in water pollution, fishery losses, loss of recreational lands, and destruction of natural forest ecosystems. I challenge Mr. McCauley to show that his industry is sustainable. If it were, why would all the timber companies be demanding to cut down old-growth forests on federal lands? Aren't they all cutting at "sustainable" levels on their own lands?

Charles G. Bragg, Jr.
Pacific Palisades, California

A "selective eye" for rodeos?

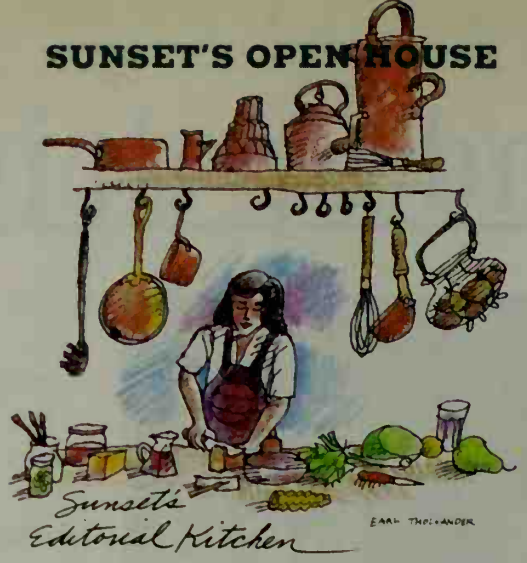
If the subject of all her photographs is rodeo (September, page 74), then Sue Rosoff has a selective eye when it comes to animal cruelty.

Rodeo promotors claim that the animals seldom get hurt. In fact, each outing brings the possibility of bruises from nervous rearing or shying, abrasion injuries from spurs or ropes, and muscle or tendon injuries sustained while bucking. There is also the pain and terror of being shocked out of the chute with an electric prod. Serious injuries can result to animals from roping and wrestling.

Rodeo associations, such as the Professional Rodeo Cowboys Association, defend their events by pointing to rules that allegedly ensure humane treatment of livestock. Some of these rules are much too lax, and some inherently cruel acts are overlooked altogether. Conditions are worse still for animals in the nonsanctioned rodeos that account for almost 70 percent of all rodeos in the country.

Eric L. Sakach
West Coast Investigator
The Humane Society of the United States

■ *We recognize the concerns of The Humane Society of the United States and the American Humane Association, both of which oppose rodeos. We also recognize the Professional Rodeo Cowboys Association claim that sanctioned rodeos have a low animal injury rate—less than 2/10 of 1 percent. The American Veterinary Medical Association, which doesn't oppose rodeos, does ask that "all rodeos abide by rules to ensure the humane treatment of rodeo livestock, such as those established by the Professional Rodeo Cowboys Association."*



The other CCC did it

The statement in your August article on California missions (page 64) that La Purísima's rebuilding from ruin was done by the California Conservation Corps is in error. Restoration of the mission was a project of the Civilian Conservation Corps from 1934 to 1942. During that period, more than 450 CCC enrollees restored all but one of the mission buildings, and we would have finished that except for the disbandment of the CCC due to World War II.

The original California Ecology Corps became the California Conservation Corps in 1976, and is presently performing daily maintenance, service, and support activities at La Purísima.

Donald Hobart
Martin Bianco
National Association of Civilian Conservation Corps Alumni
West Sacramento, California

Keeping fleas at bay

I was fascinated by your article on fleas (September, page 112). You failed, however, to mention a much easier preventive measure to protect pets. For years I have been adding brewer's yeast to the food for my three cats, and they haven't had a flea.

Nancy Eckart
Mariposa, California

■ *Our article focused on effective ways to kill fleas, but, during our research, we heard many theories about natural flea repellents, including herbs and brewer's yeast. We found no research to support these claims, and our own trial with yeast was unsuccessful. Before adding any supplement to your pet's diet, check with your vet.*

Hands off the polyps, please

The photo caption beside the snorkeler in the Hawaii Travel Planner (August, page 31) states that the swimmer "hovers" over the seafloor. Hovering over coral is indeed the only safe thing to do in the fragile underwater environment, but it's plain to see that this swimmer is not hovering.

By grasping the coral with both hands, she may be unwittingly sentencing this delicate sea animal to death. Even though corals may look rocklike, they can be irreparably harmed when snorkelers' hands or fins come in contact with them.

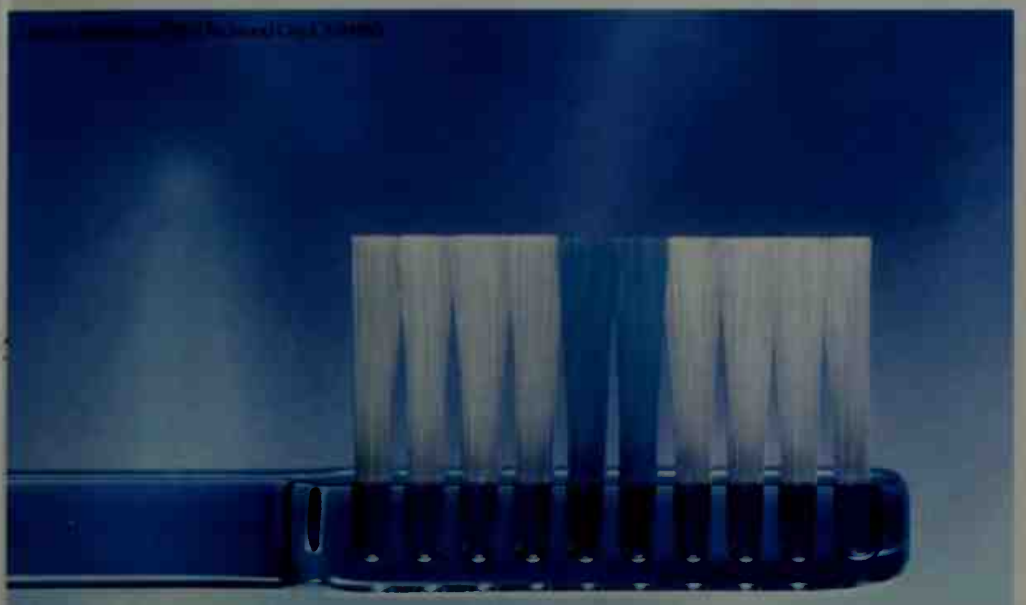
Look but don't touch is as good a rule underwater as it is in the china shop.

Karen Trautmann
Portland

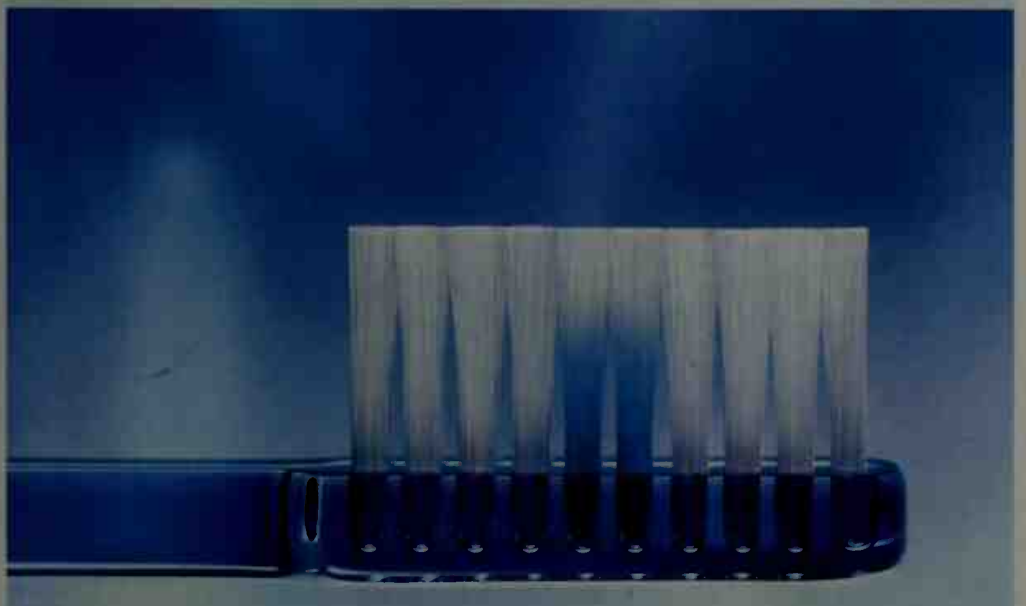
■ *Your "look but don't touch" rule not only prevents harm to extremely fragile living corals but also will prevent nasty cuts from their limestone skeletons.*

Send letters to Open House, *Sunset Magazine*, 80 Willow Rd., Menlo Park, Calif. 94025; fax (415) 321-8193. Include a daytime telephone number.

Your dentist can't be there to tell you to replace your toothbrush. That's our job.



Oral-B INDICATOR® Toothbrush



About 3 months later
(when dentists recommend replacing your toothbrush)

Although dentists advise you to replace your brush, they really can't be there to tell you when. But the Oral-B Indicator can.

You see, dental professionals recommend you replace your toothbrush every three months. They believe strongly that a worn toothbrush can be less effective at removing plaque. That's why most dentists tell you to change your toothbrush. And the very reason Oral-B developed the INDICATOR® Toothbrush. The blue band fades with brushing, so you can see when it's time for a new Indicator. It's that simple.

But developing the Indicator was anything but. It's been thoroughly researched over an extensive period with more than 1,500 patients and 300 dentists and hygienists.

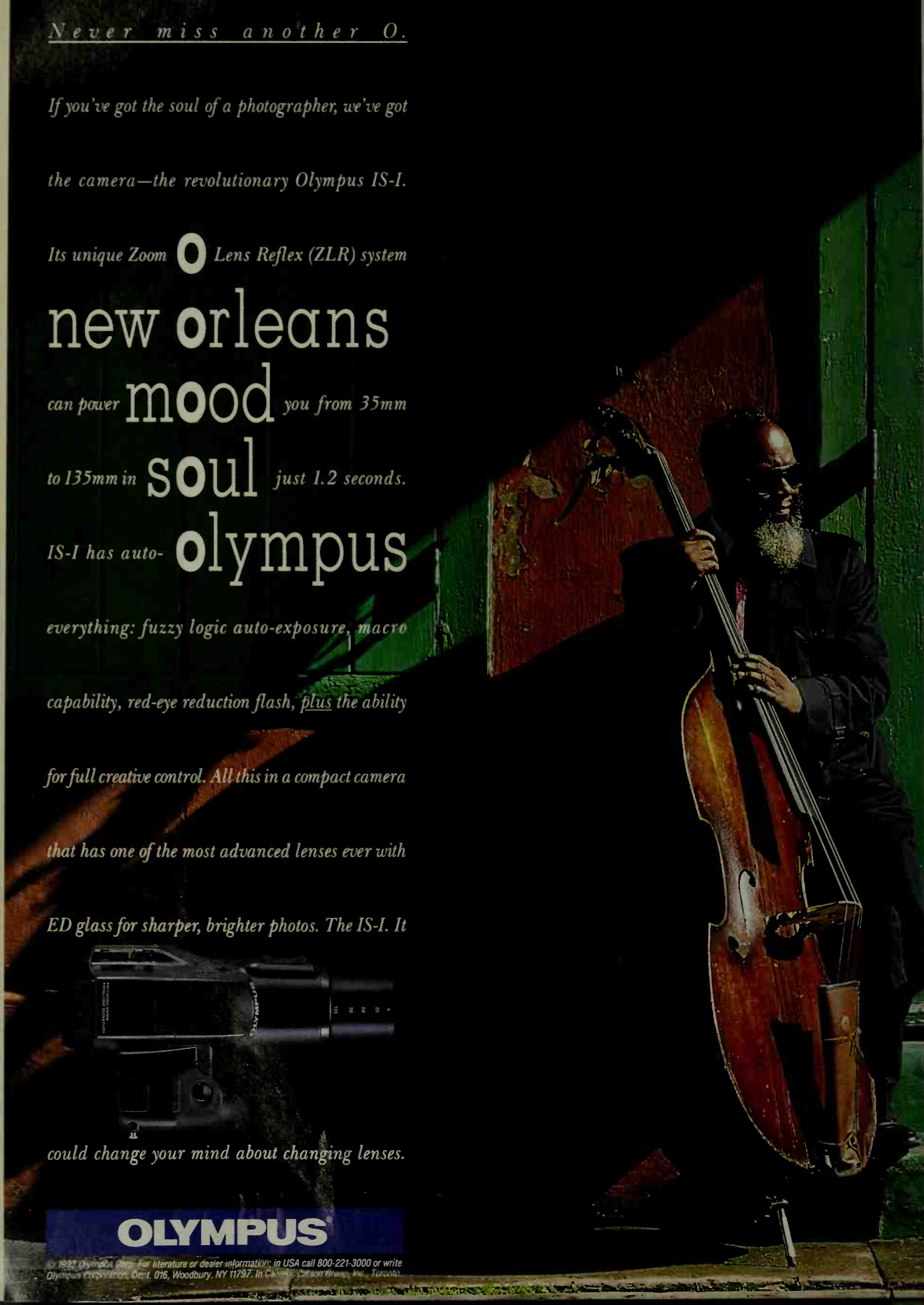
And the Indicator was clinically shown to be unsurpassed at removing plaque versus the other leading brands. Without any sign of gingival irritation or abrasion. No wonder Oral-B is the toothbrush more dentists use.

All in all, the Indicator is another fine example of Oral-B's ongoing commitment to serious dental care.

So listen to your dentist. Replace your brush with the Indicator from Oral-B. It's the ultimate gentle reminder.

Oral-B®

The Brand More Dentists Use.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Hot new foundry tour in Sutter Creek

■

Ski inn and out of Sugar Bowl

■

In Denver, see Aztec beauties, hear about Aztec blood

Sunset's TRAVEL GUIDE

f.64, where are you? Photography greats exhibit in Oakland

■

Mountain View's public sculpture show

■

Stevens Creek canyon is child's play for pint-size hikers

PETER CHRISTIANSEN

HISTORIC FOUNDRY, *in California's Mother Lode, is exposing a new generation of heavy-metal enthusiasts to tools of its trade.*

SUTTER CREEK

A dusty world of hot iron parts

If you drive a car, you can relate to foundries because the engine block was made in one—though not, probably, in a century-old, water-powered foundry in one of the prettiest towns in the Mother Lode.

The Knight Foundry, in continuous operation since it was created in 1873, served California hard-rock mines by supplying all manner of equipment: hoist works, stamp mills, pump fittings. Now this historic enterprise has a new product in its line: education. Under the direction of local resident Ed Arata, whose grandfather was a machinist at Knight in the 1880s, the foundry is now open to the public for tours.

If you're in the area, you shouldn't miss the spectacle. A single valve is turned, diverting a little water from the Mokelumne River. With that, a whole dusty world full of belts and pulleys and water-driven turbines goes into motion, calling forth a Rube Goldberg fantasy of delicate but brilliantly simple mechanical interrelationships.

Knight continues to produce machine parts and iron ornaments for architectural restoration; looking in from the street, you can see iron being poured most Saturdays at noon.

To see the historic machinery, however, you need to take a tour. Self-guided tours run 9 to 4 Tuesdays through Saturdays. Guided tours are available by reservation only;

Sunset's
TRAVEL
GUIDE

call (209) 267-1449. Admission is $2.50 for adults, $1.50 ages 6 through 18.

Sutter Creek is on State Highway 49, about 45 miles from Sacramento and Stockton.—*Marcia Williamson*

WEST OF TRUCKEE

Inn-to-inn skiing at Royal Gorge

Expanding an already expansive Sierra trail system, the Royal Gorge Cross Country Ski Resort has built nordic ski trails to Sugar Bowl and to Rainbow Lodge. The new trails, and a new shuttle, now offer skiers several combinations for inn-to-inn skiing.

Last year, after a night and a big gourmet breakfast at Royal Gorge's Wilderness Lodge (accessible only by ski or sleigh), I followed the well-marked and groomed trail to Summit Station, Royal Gorge's main day lodge, then skied to Sugar Bowl Lodge for a lunchtime break. A leisurely ski brought me 13 kilometers back to a sauna and hot tub at Wilderness Lodge, which has 35 private and semiprivate rooms, cozy sitting areas, and crackling fires. Three- to seven-night packages range from $230 to $550 per person.

Hardier skiers can follow the entire 30-kilometer track from Sugar Bowl Lodge (28 rooms, $85 to $195 per night) to Rainbow Lodge on the Yuba River (32 rooms, $59 to $99 per night).

On weekends and some holidays, a shuttle bus offers skiers free rides from Sugar Bowl to Summit Station or Rainbow Lodge.

Skiing can begin as early as mid-November. Trail passes, available at Royal Gorge or Sugar Bowl, cost $16.50 for adults, $8.50 ages 7 through 12. For more information, call Royal Gorge at (916) 426-3871, or (800) 634-3086 (outside Northern California); or Sugar Bowl Lodge at (916) 426-3651.
—*Ben Davidson*

DENVER

Aztec beauty and horror at Museum of Natural History

Of all the Aztec legacies to this hemisphere (astronomical knowledge, towering pyramids, influence on Mexican culture), there is one we're pretty glad we didn't inherit: ritual human sacrifice. At the Denver Museum of Natural History, The Aztec World lecture series from November to February leads off, on November 9, with University of Colorado Professor Davíd Carrasco discussing the Aztec bloodletting.

Carrasco calls the topic by far the most difficult one facing students of Mesoamerica. "But it is erroneous to think of Aztec society and religion as primarily concerned with violence and aggression," he says. When Spanish conquistadores invaded in 1519, they found staggering opulence and beauty. "The Aztec world was permeated by a formal sense of order and beauty."

The lectures are concurrent with the museum's special Aztec exhibit, the most comprehensive of its kind ever in the United States, running through February 21. Nearly 300 artifacts are on loan from museums in Mexico.

Other lectures in the series cover Aztec astronomy, political life, and religion. Dates are December 7, January 11, January 25, and February 8. All lectures begin at 7 P.M. in the Imax Theater; they cost $10 each, or $40 for the full series.

Admission to the exhibit is included in the price of museum admission: $7.50 for adults, $5.50 for seniors and ages 4 through 12. Reservations are recommended for the exhibit and lectures. Call (800) 944-2245 for more information about the exhibit, (303) 322-7009 for lecture reservations.—*Robert Crisell*

CHALET-STYLE *Wilderness Lodge, which can be reached only by ski or sleigh, attracts nordic skiers for rustic retreats at Royal Gorge resort.*

BEN DAVIDSON

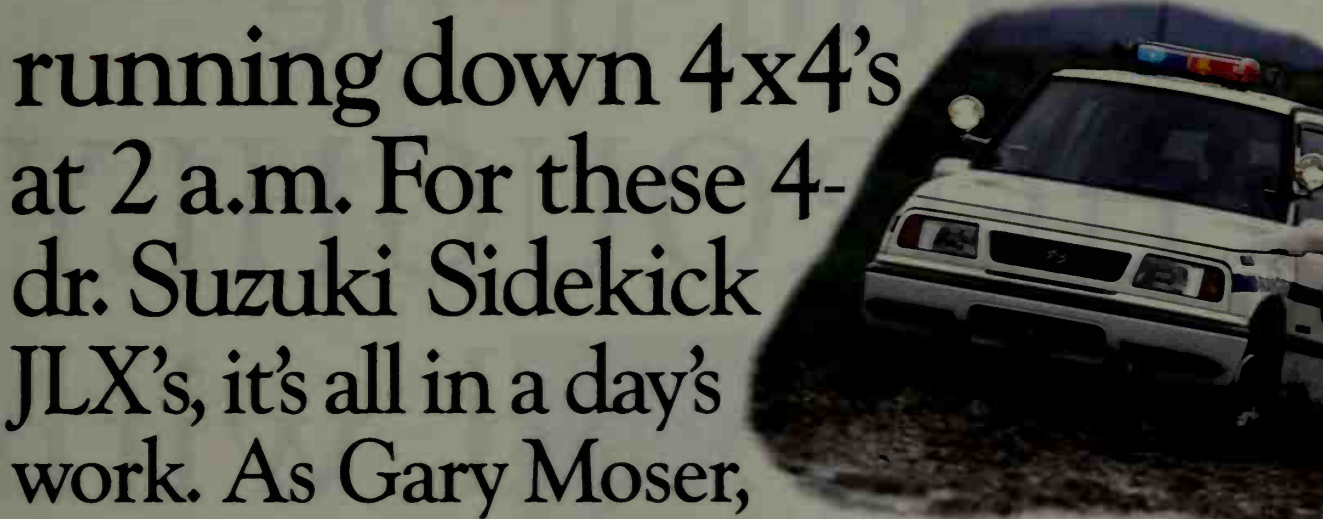
OAKLAND

The roots of Ritts (and other hot photographers)

Photography has been getting a lot of attention lately. The screamingly noticeable work of Annie Leibovitz, Herb Ritts, and Robert Mapplethorpe, combined with that of thousands of other photographers working in advertising, journalism, and the arts, recently prompted Weston Naef, curator of photographs at the Getty Museum, to call photography our most exciting art form. But the touring exhibit, Seeing Straight: The f.64 Revolution in Photography, finds the current photographers' innova-

(Continued on page 18)

In this case, protecting the environment includes running down 4x4's at 2 a.m. For these 4-dr. Suzuki Sidekick JLX's, it's all in a day's work. As Gary Moser, Chief Ranger for the Santa Monica Mountains Conservancy tells it, people with a little too much enthusiasm for nocturnal off-roading were a problem. Until the Sidekick 4WD's. "They're not your typical patrol vehicle. They tread lightly, but can go up inclines bigger trucks can't. Catching these guys off-guard was easy." With no major modifications besides roof lights, they're tough and reliable. "We've never had a breakdown in the field, gotten stuck or failed to start." Plus, adds Moser, "they're fun to drive." Obviously, some days are more fun than others.



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THE 1993 SUZUKI 4-DR SIDEKICK® has a powerful 16-valve engine. Standard rear wheel anti-lock brake system.* An EPA-estimated 24 MPG city, 26 MPG highway,** the best of any 4-door sport/utility vehicle. And the lowest sticker price. So owning one is pretty much a walk in the park.

$11,899† For your nearest Suzuki dealer call 1-800-447-4700.

*The rear-wheel anti-lock brake system operates in two-wheel drive mode only. **With 5-sp manual transmission. †Manufacturer's suggested retail price for 2WD JS model. Taxes, title, freight, and license extra. Dealers set own price. This vehicle handles differently from ordinary passenger cars. Federal law cautions to avoid sharp turns and abrupt maneuvers. Always wear your seat belt. For specific details, please read your owner's manual. Don't drink and drive. Please Tread Lightly on public and private land. © 1992 American Suzuki Motor Corporation.

You'll be THOROUGHLY perplexed with the snow here.

(It's not at all like the wonderful manmade stuff you're used to.)

(Mother Nature just can't seem to make any two alike.)

(Probably a retouched photo.)

(With such short lift lines, your muscles won't be able to get that nice feeling of atrophy between runs.)

Let's face it. Skiing on artificial snow is an acquired taste. Kind of like drinking instant coffee with non-dairy creamer. But since you've got the hang of it, why on earth would you spend your ski vacation at Mt. Bachelor? Mother Nature typically dumps about 200 inches of the real thing on our 8,000 acres of slopes. And unless you're in training for the U.S. Ski Team or something, you couldn't possibly need that much powder. However, since you haven't already turned the page to search for a mountain with more familiar ingredients, you must be one of those rare individuals who'll call for our free brochure and come no matter what we say.

(Is it a mountain or a 9,000-foot dish of frozen yogurt?)

MT. BACHELOR

Central Oregon

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Sunset's TRAVEL GUIDE

tions solidly rooted in those of their predecessors—particularly those from the West.

The exhibit, running October 24 through January 10 at the Oakland Museum, includes 120 works, many of which were originally shown together in a 1932 exhibit at the de Young Museum in San Francisco. It features photographers of that time, now renowned: Ansel Adams, Imogen Cunningham, John Paul Edwards, Preston Holder, Consuelo Kanaga, Alma Lavenson, Sonya Noskowiak, Henry Swift, Williard Van Dyke, and Edward Weston. All were involved with the Group f.64.

Group f.64's goals were not unambitious. The group, named after the lens aperture at which images appear in clearest detail, sought to replace the pictorialist tradition (which, more or less, imitated painting) with photography that found its art in the real, undoctored world. Obviously, the photographers met with some success: their vision and work got the ball rolling for so much of what we now expect, but still find mesmerizing, in photography.

In conjunction with the exhibition, the Oakland Museum has published a 160-page catalog, also titled *Seeing Straight*. Priced at $29.95, it features laser reproductions of the show's photographs, and essays by curator Therese Heyman, Ansel Adams biographer Mary Street Alinder, and historian Naomi Rosenblum.

The museum is located at Oak and 10th streets in downtown Oakland. It's open from 10 to 5 Wednesdays through Saturdays, noon to 7 Sundays; call (510) 238-3401. Admission costs $4 for adults, $2 for students and seniors; ages under 12 admitted free. *—Hilary Johnston-Barton*

MOUNTAIN VIEW

Vote with your eyes on public art

Through mid-November, residents and visitors alike are invited to help this Midpeninsula city choose which among the 22 intriguing and varied sculptures on view around Civic Center Plaza are the most deserving of permanent acquisition.

This art-by-democracy arrangement began with the completion of the new city hall and performing arts center. As part of an effort to design a destination-quality downtown, the new civic buildings, on Castro Street, have created a handsome plaza and extended the pedestrian area west to the grassy landscape of Pioneer Park.

The indoor-outdoor exhibit is intended to entice strollers to explore the new gathering spot. Accessibility and involvement were qualities sought in the art selected for display, and interaction is welcome. *Hopscotch,* for example, is accompanied by several empty paved grids, so spontaneous athletes can toss a pebble and jump in—literally. An abstract enclosure of laminated plywood forms a protective *Vessel* for those who'd like to step inside and cloak themselves in the wooden shell.

The sculptures are on view daily through November 15. A free guide is provided on site, along with comment cards so you can help the city decide which pieces to buy. *Seated Woman* beckons at Castro and Mercy streets; continue past her along Mercy for free underground parking.—*M. W.*

STEVENS CREEK

A hike (and a book) for hiking families

Author Bill McMillon looks for three things when selecting hikes for children: a moderate trail, an opportunity for learning, and a chance for everyone to have fun.

Well, there is never a guarantee, but the Stevens Creek Nature Trail hike he includes in his new book, *Best Hikes With Children: San Francisco's South Bay* (The Mountaineers Books, Seattle, 1992; $12.95), is almost certain to put a spring in the step of a would-be John Muir. The 3-mile loop trail in the Monte Bello Open Space Preserve descends through the lush forest along Stevens Creek, travels over a section of the San Andreas Fault, and provides magnificent views of the often fog-laden Stevens Creek canyon. And, yes, the trail is flat enough to fend off any little boycotts or, for that matter, girlcotts.

The trail is open year-round from dawn to dusk. From Interstate 280 in Palo Alto, take Page Mill Road west 7 miles until you see Monte Bello Open Space Preserve on your left. The trail starts at the parking lot. Call (415) 691-1200 for more information.—*R. C.* ■

PHOTOGRAPHER ALMA LAVENSON'S *self-portrait—her effort to see straight, as it were—is part of the Seeing Straight exhibit of 1930s photography at the Oakland Museum.*

ALMA LAVENSON

Let's just go!

Get away for a few days to the beautiful United States Virgin Islands—the American paradise in the Caribbean.

Two thirds of lovely St. John is a protected national park. So is St.Croix's incredible Buck Island. And St.Thomas' Magens Bay is called "one of the three most beautiful beaches in the world."

Just think—all this natural beauty surrounds luxurious resorts, historic towns, world-class dining and world-class shopping. See your travel agent or call **1-800-USVI-INFO.**

St.Croix St.John St.Thomas

The American paradise. United States Virgin Islands

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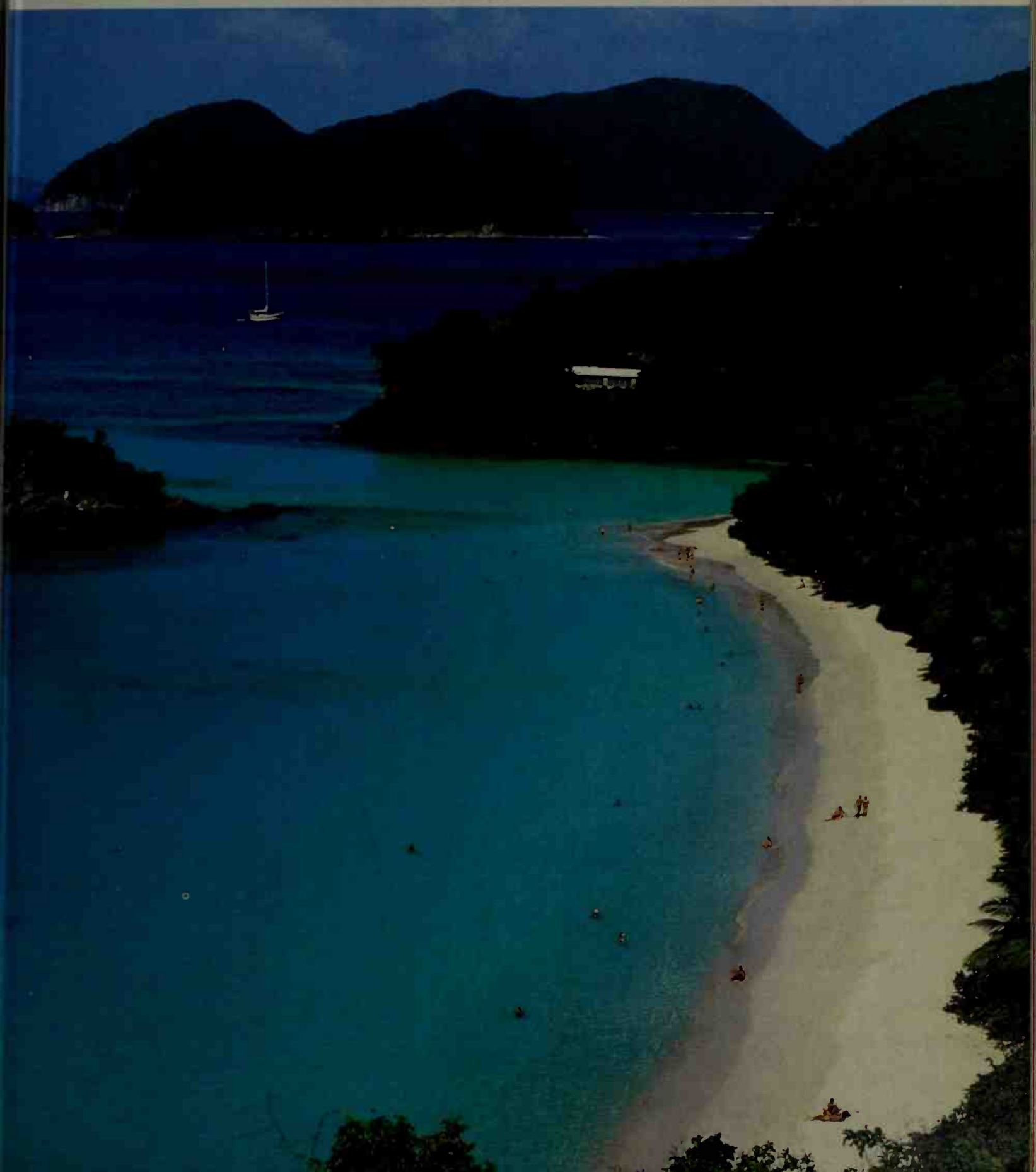
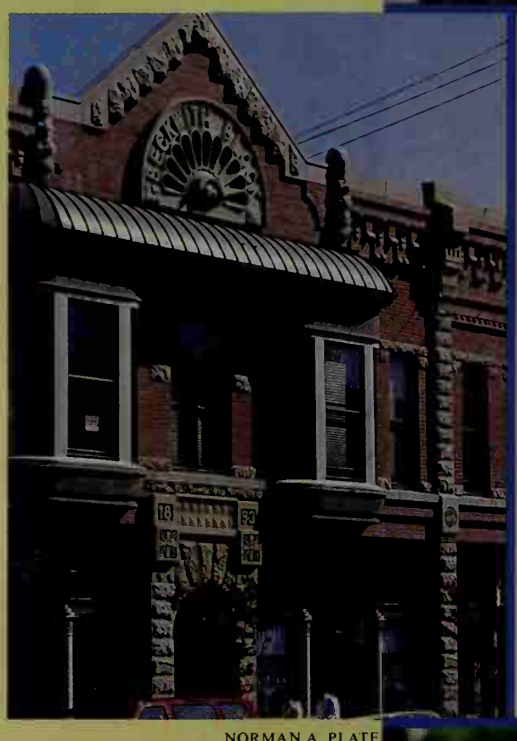


A mountain getaway . . . next door

NOW'S A GOOD TIME FOR A WEEKEND IN LOS GATOS AND SARATOGA

Tucked against the foothills of the Santa Cruz Mountains, the towns of Saratoga and Los Gatos are linked not only by State Highway 9, but by common redwood logging and mill town pasts. Lovely turn-of-the-century architecture and a concern for preserving the vitality of their historic downtown hearts also bind the two towns.

A weekend escape here, just 50 miles south of San Francisco, combines small-town charm—with sophisticated dining and shop-



NORMAN A. PLATE

QUAINT SHOPS IN SARATOGA *Sidewalks graced with mature trees and wrought-iron benches invite strolling.*

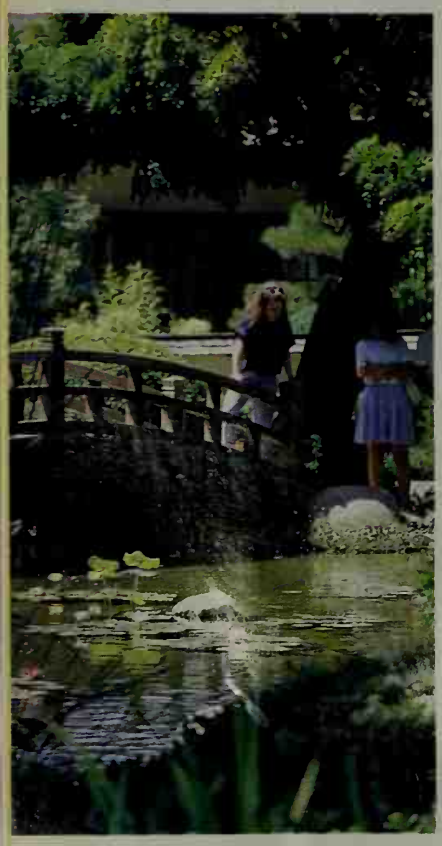
A LANDMARK IN LOS GATOS *Beckwith Building on E. Main Street is more beautiful than before the '89 quake rumbled through.*

NAILS
NISHKA'S
FOREIGN
NISHKA'S
GYROS
FALAFELS
HAMBURGER
SANDWICHE
SALAD
CAFE & DELI

NORMAN A. PLATE

GET YOUR JAVA FIX *at Los Gatos Coffee Roasting Company—a good place to check out the local scene.*

THEN CALM DOWN *at Saratoga's Hakone Gardens.*



ping—and proximity to redwood forest hiking. At this time of year, you can also cut your own Christmas tree nearby—or knock off some holiday shopping at Villa Montalvo's annual Yuletide, November 13, 14, and 15. At this terrace-gardened estate and arboretum in Saratoga, you can enjoy tea, crafts, and decorations from 10 to 4; admission costs $10, $3.50 ages 12 and under.

FROM LOGGERS TO WRITERS TO COMMUTERS

Both Los Gatos and Saratoga were born around creekside grist mills in the 1850s, but by the late 1800s the logging industry was pouring timber (and money) from the Santa Cruz Mountains down toll roads through both towns, helping them prosper.

Writers, too, prospered here. At the turn of the century, journalist and satirist Ambrose Bierce lived and wrote in Los Gatos for a time, becoming famous as "Bitter Bierce" with cynical one-liners such as "Saint: a dead sinner revised and edited" and in 1936, John Steinbeck moved to a Los Gatos cottage he called Arroyo del Ajo, or Garlic Gulch, to write the celebrated Nobel Prize–winning *The Grapes of Wrath*. Today in both of these tony commuter communities, the prevailing aroma is not garlic but money.

VIEW THE VALLEY *from Summit Rock in Sanborn-Skyline County Park.*

LOLLING IN LOS GATOS

To begin your day like a true Los Gatan, stop in for a caffè Borgia and a pumpkin spice muffin at Los Gatos Coffee Roasting Company, 101 W. Main Street, where locals in business attire or jogging suits meet in such profusion they spill out onto sidewalk benches. Every Sunday from 2 to 4, free coffee tastings reveal the delights of unusual blends; Friday and Saturday nights there's live music from 7:30 to 10:30.

Suitably fortified, head for the Forbes Mill History Museum, at the end of Church Street off Main, the grist mill annex built in 1854 on the site that's considered the town's birthplace. The handsomely restored stone structure now is a fine small museum (you can catch a timely exhibit on political cartoons until November 15). The museum, at 75 Church Street, is open from 10 to 4 Wednesdays through Sundays. (A $1 donation is suggested.) Pick up a free historic walking tour map, then follow it "backward" from here (the guide suggests you start across town).

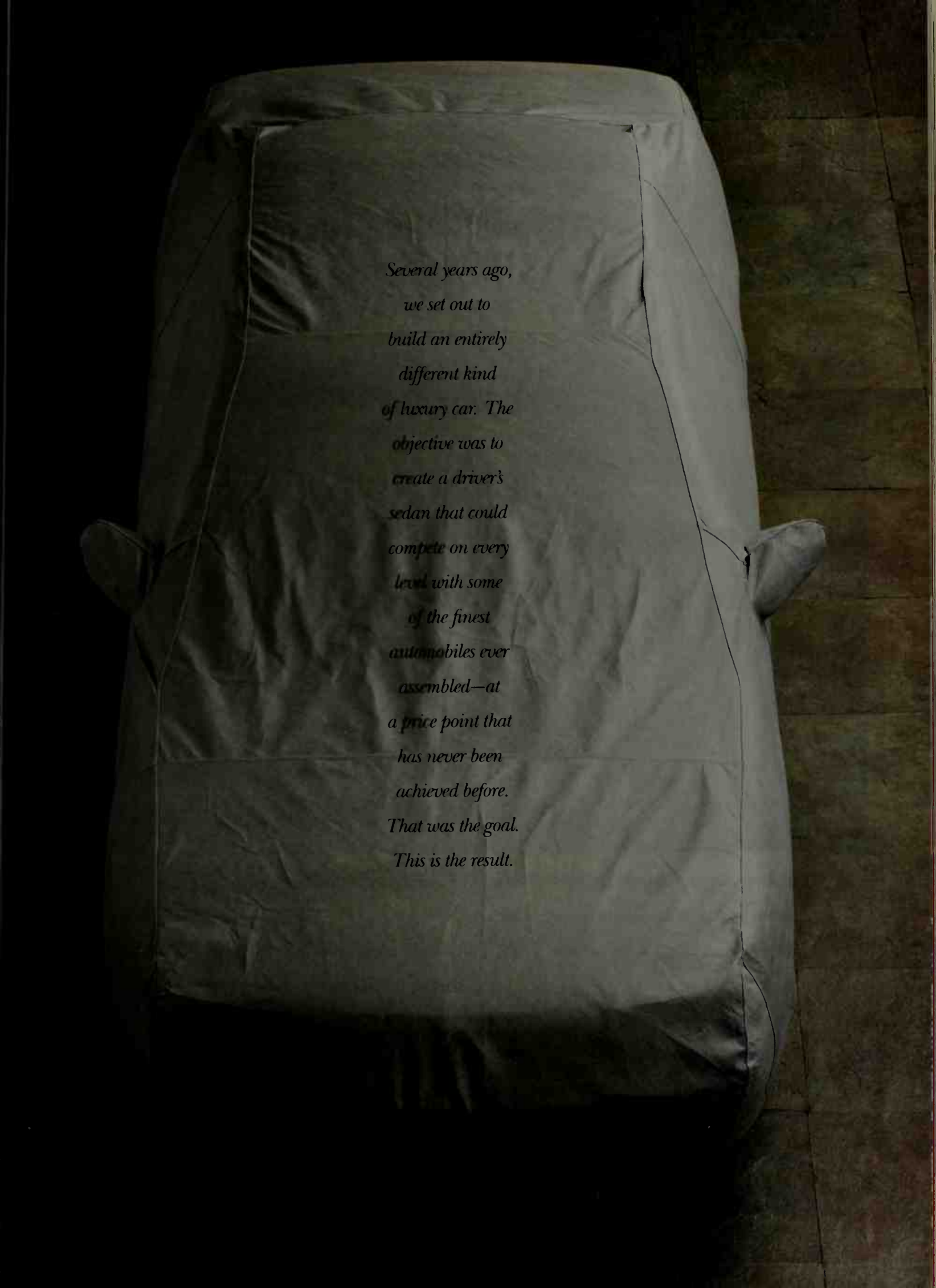
The walk takes you past the ocher and beige 1891 Beckwith Building at 31 E. Main Street, a landmark that typifies the town's reaction to the 1989 Loma Prieta quake. The quake hit more than 300 buildings in downtown Los Gatos alone, causing some $300 million in damage.

The brick and sandstone Beckwith Building wasn't spared—it fell apart. But locals couldn't bear to see it razed. After carefully researching historic documents, plans, and photographs, the building's owner and his architect strengthened and restored the Beckwith to its original look—removing inaccurate earlier remodeling along the way. Here, as with other historic buildings, the council and town planners expedited quake repair—speeding permits and waiving fees.

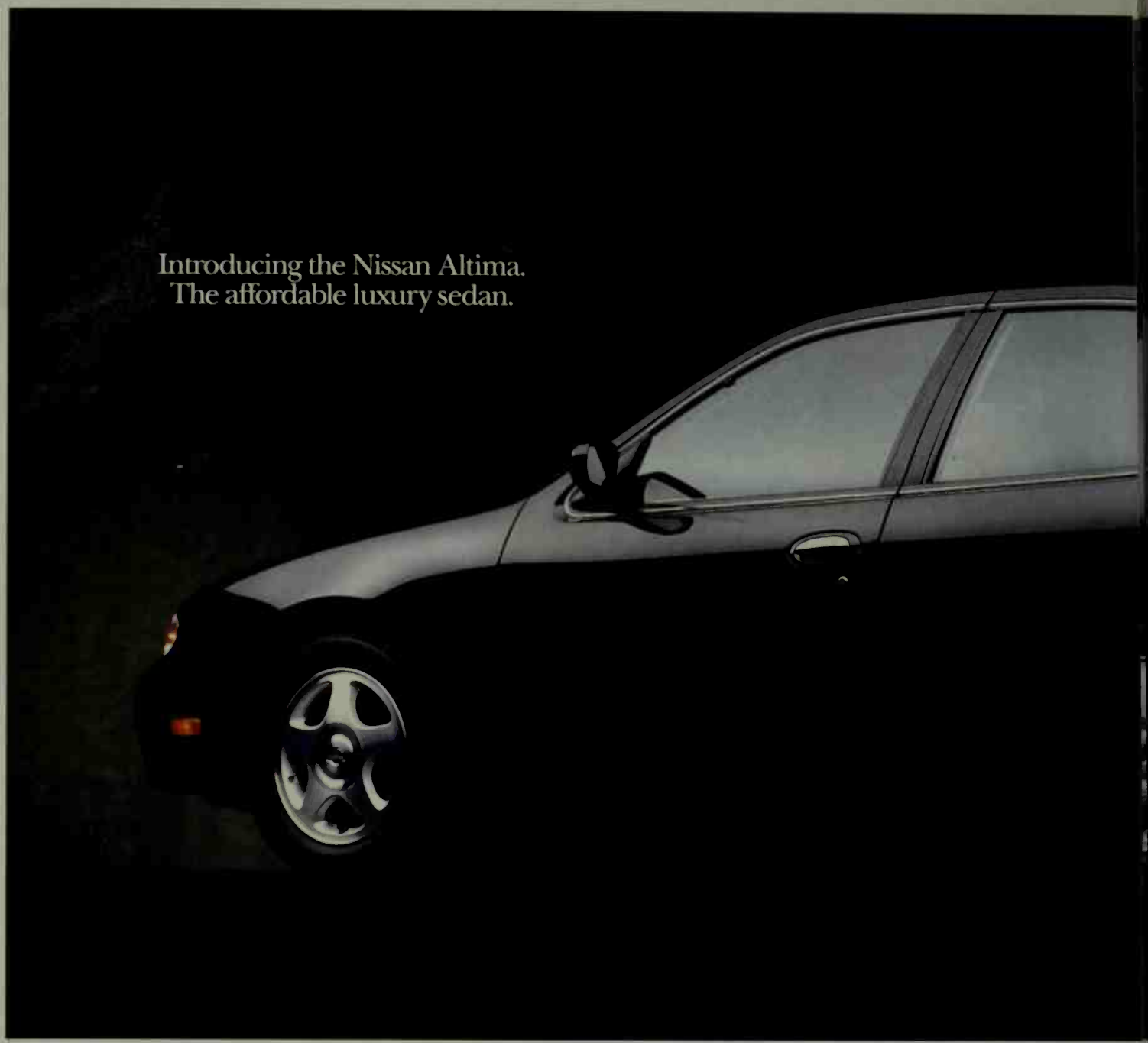
Continue up Main to see other signs of postquake revitalization, including the 1904 Ford's Opera House, at 140 W. Main. Now, divans rather than divas prevail: it's an antique furniture store.

Then turn right onto Santa Cruz Avenue for an eclectic mix of shops and architecture—and for the Los Gatos Cinema, which to moviegoers'

(Continued on page 27)



Several years ago,
we set out to
build an entirely
different kind
of luxury car. The
objective was to
create a driver's
sedan that could
compete on every
level with some
of the finest
automobiles ever
assembled—at
a price point that
has never been
achieved before.
That was the goal.
This is the result.



If you told someone to make a car that had more merging power than a Mercedes 190E 2.3, the agility to outslalom a Lexus ES 300, and the stopping power to out-brake a BMW 325i*—for about half the price of any of these cars—you'd probably be escorted out of the room by men in little white suits.

But that is precisely what the ingenious engineers at Nissan have just accomplished.

The new *Nissan Altima*™ is nothing short of an engineering masterpiece. Every last detail of the car has been closely scrutinized, refined and re-refined over a four-year period. And as a result, the *Altima* is unlike any automobile ever to come with an economically feasible price tag.

The thrust of the car comes from a 150-horsepower, DOHC, 16-valve engine that rests on liquid-filled engine mounts. These mounts act as "shock absorbers"—significantly reducing vibration and engine noise.

Its highly advanced suspension consists of MacPherson struts with optimized anti-dive/anti-lift geometry in the front and multiple links in the rear that further improve driver control. In

*Nissan Motor Corporation in U.S.A. Smart people always read the fine print. And they always wear their seat belts. *Based on independent tests conducted by AMCI. 1993 Nissan Altima XE or SE versus 1992 competitive vehicles. Merging power based on time and distance required to accelerate from 20-55 mph. Slalom comparison based on*

addition, the front and rear suspensions have been "soft mounted" to anti-vibration subframes.

To translate, this technology makes the *Altima* incredibly powerful and agile. Not to mention remarkably smooth and quiet. In fact, at 55 mph, the *Nissan Altima* SE's cabin is actually quieter than the cabin of a BMW 325i or a Mercedes 190E 2.3.*

Speaking of the cabin, the inside of the *Altima* is graced with all the luxury and comfort that the outside suggests. Contoured, reclining seats have been meticulously tailored to fit your form. Large, easy-to-read analog gauges adorn the dash. Buttons for the power windows and door locks** have been precisely placed in the armrest for easy access. And over forty standard safety features have been incorporated, including a driver's side air bag, for your protection.

If you'd like more luxury, a variety of trim levels are available so you can choose from such amenities as a custom six-speaker CD system, an automatic cabin temperature control system, sunroof,

NISSAN

and an optional leather trim interior—to name just a few.

Call us at 1-800-NISSAN 3, and we'll gladly tell you more about the new *Altima.* Or visit your nearest Nissan Dealer where four years of rigorous work can be summed up in one simple ten minute test-drive.

The new Nissan

Altima

*Starting at $13,000.****

NISSAN

It's time to expect more from a car.™

*course completion time. Braking based on stopping distance from 50-0 mph on a wet road surface. Interior quietness based on decibel level. **Standard except on XE models. ***M.S.R.P. for Altima XE excluding taxes, title, license, destination charges, locally required equipment and options. XE model shown with optional alloy wheels.*

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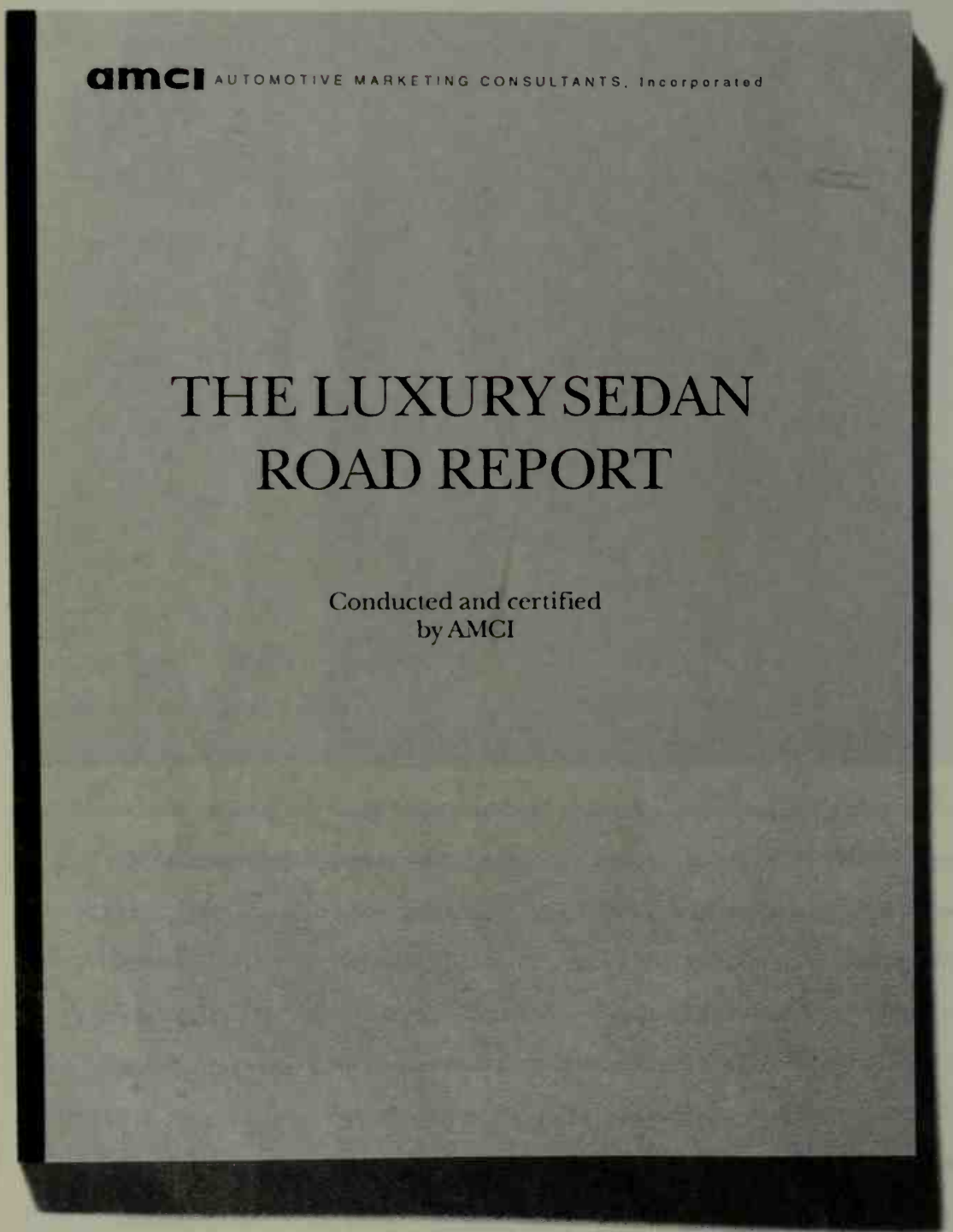

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NORMAN A. PLATE

THE INN AT SARATOGA *delivers a forest view to every room—and an alcove from which to enjoy it while breakfasting.*

delight is again open. (Aside from watering holes, nightlife is thin in these parts.)

SMALL BUT SWEET SARATOGA

Los Gatos's Highway 9 neighbor to the northwest was largely untouched by the '89 quake. Its downtown is still bisected by Big Basin Way, the former logging toll road the town grew up along. Many of the wooden buildings clustered here date from the last century, and new buildings retain the town's architectural integrity. An example is The Inn at Saratoga. The five-story luxury hotel, which opened in 1987, looks like a small Victorian from the main street (all floors are visible from creekside).

The street is still the main shopping and dining drag. Beyond the many antiques stores, we found some shops offering unusual holiday gift possibilities.

Foodophiles will like *The Butter Paddle,* at 14510 Big Basin Way. We found everything from lobster-shaped napkin rings to cushion-handled knives, plus pottery, candles, and glassware. The shop, staffed by volunteers of the Junior Auxiliary of Eastfield Ming Quong to benefit two children's homes, is open from 10 to 5 Mondays through Saturdays.

The *International Coffee Exchange,* at 14471 Big Basin Way, is open 7 to 7 Mondays, 7 A.M. to 9 P.M. Tuesdays through Thursdays, 7 to 11 Fridays, 7:30 to 11 Saturdays, and 7:30 to 7 Sundays. Besides great cappuccino and pastries, this local hangout has an array of coffee- and tea-related gifts and books.

Next door, also at 14471, *Posh Paws* has designer clothing for dogs and cats, holiday stockings for pets, and practical things like leashes, scratching posts, and food treats. Don't be surprised if Dudlie, the owner's gentle black lab–husky mix, greets you at the door.

Check into the historical society's free guided walks—the next one is on Sunday, November 1, departing at 2 P.M. from the Saratoga Historical Museum at 20450 Saratoga–Los Gatos Road. For more details, call (408) 867-4311.

And check out Saratoga's annual Holiday Open House, on November 27 from 6 to 9 P.M. Shops on Big Basin Way from Saratoga–Los Gatos Road to Sixth Street (side streets, too) are decked out with festive lighting, refreshments, and entertainment.

OUTINGS, WINERIES, AND REDWOOD RETREATS

Just a short drive west of Saratoga is a city park that's worth a detour—Hakone Gardens. The formal Japanese garden, at 21000 Big Basin Way, is often described as the finest of its type outside Japan. Beyond the koi ponds and curving bridge sit a lovely teahouse and new cultural exchange center. And now through December, Japanese maples should be ablaze with fall color. The garden is open from 10 to 5 weekdays, 11 to 5 weekends; parking is $3 on weekends, free on weekdays. The suggested entry donation is $1.

Try the loop drive shown on our map (page 22) heading south on State Highway 17 and west up steep Black Road. Several Christmas tree farms are clustered here and off Skyline Boulevard (State Highway 35). For a free list, call (800) 454-8733.

From Skyline Boulevard, you can hike into forested Sanborn-Skyline County Park and scramble onto Summit Rock for valley views. Or try popular Castle Rock State Park with trails that stretch through Big Basin State Park to the sea.

West of Skyline, 5 miles from Highway 17 on Bear Creek Road, is the area's first winery—the David Bruce Winery. It's open for tasting and sales from noon to 5 Wednesdays through Sundays. There are other fine wineries in the area you may also wish to meander through. ■

By Lora J. Finnegan

Supping and sleeping

For a Los Gatos Vacation Packet ($5), call (408) 354-9300. For a Saratoga guide ($3), call 867-0753.

Dining. In Los Gatos, some of our favorite restaurants: *Andale Taqueria,* 6 N. Santa Cruz Avenue (soon moving across the street to 21 N. Santa Cruz Avenue); 395-4244. *Bacio Ristorante Italiano,* 210 E. Main Street; 395-5444. *Cafe Marcella,* 368 Village Lane; 354-8006. *Pigalle,* 27 N. Santa Cruz Avenue; 395-7924.

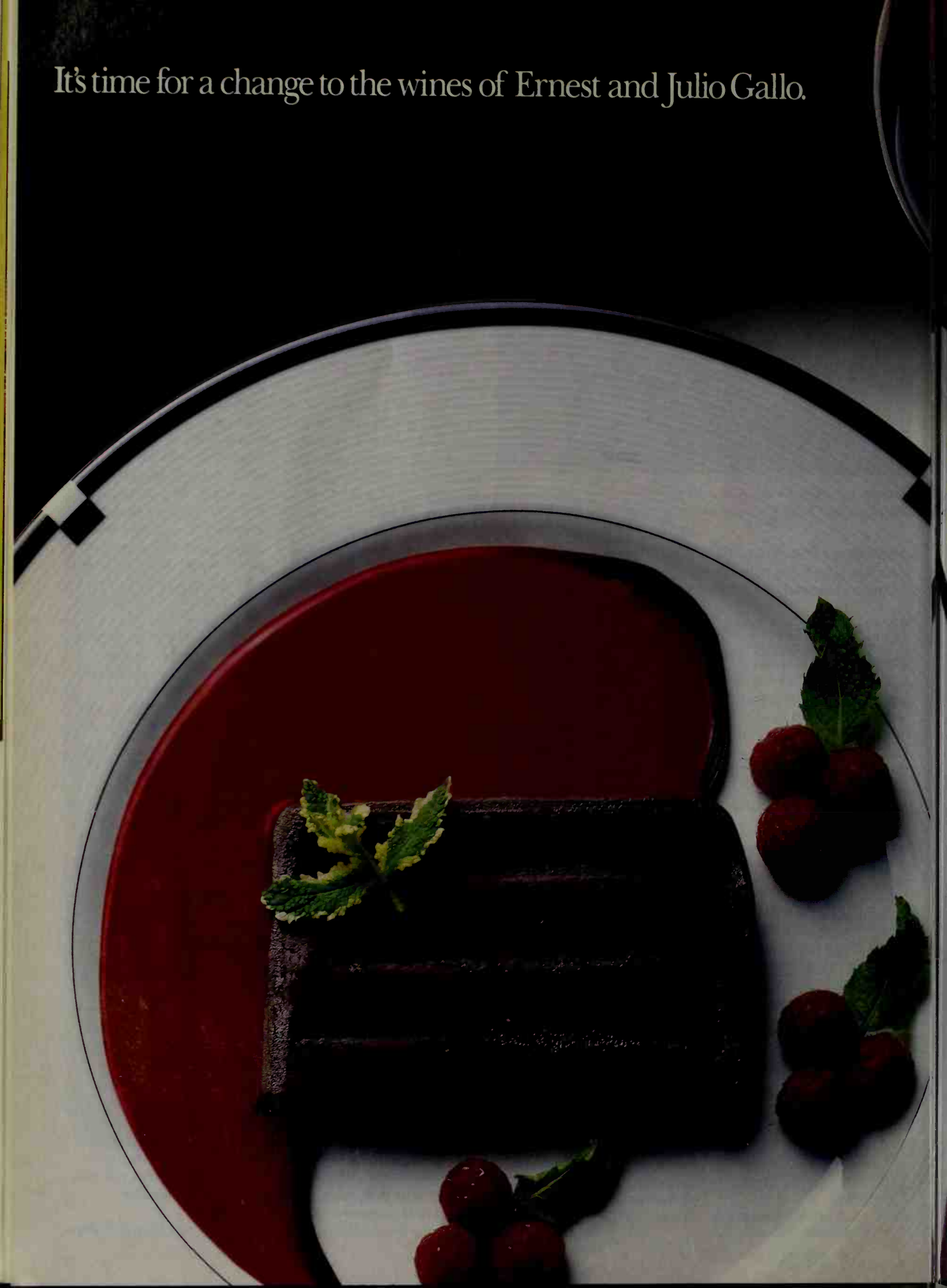
A few of our favorites in Saratoga: *Country Store Cafe,* 14577 Big Basin Way; 867-2440. *Le Mouton Noir,* 14560 Big Basin Way; 867-7017. *Margherita di Roma,* 14482 Big Basin Way; 867-9178.

Lodging. Some charming lodging in Los Gatos: *La Hacienda Inn,* 18840 Saratoga–Los Gatos Road; (800) 235-4570. *Toll House Hotel,* 140 S. Santa Cruz Avenue; 395-7070.

Elegant accommodations in Saratoga: *The Inn at Saratoga,* 20645 Fourth Street; 867-5020.—*L. F.*

A GLIMPSE OF PARIS *garnishes duckling in raspberry sauce at Pigalle in Los Gatos.*

It's time for a change to the wines of Ernest and Julio Gallo.



THE WINE CELLARS OF
ERNEST & JULIO GALLO
THE WINE CELLARS OF
Ernest & Julio Gallo
Cabernet
Sauvignon
OF CALIFORNIA

RICHARD MORGENSTEIN

WHAT'S HAPPENING? *The audience started it, suggesting a story about how "Pigeon Point" got its name. In seconds, Pulp Playhouse actors cooked up this village toad roast, celebrating the coming of predatory pigeons to a place overrun by amphibians.*

Theatrical journeys into the unknown

The audience is a willing participant in San Francisco's improv theater performances

EXPECTING THE unexpected is part of the delight of collective improvisation. For audiences, improv promises the freshness of an all-new show every 10 minutes or so throughout an evening of theatergoing. For actors, it means entering uncharted territory just as frequently. For both, it involves the excitement of unpredictable imaginative collaboration—which may be why an evening of improv can feel more absorbing than conventional theater, and why mistakes or misdirections are more easily forgiven.

San Francisco's theater community has an unusually strong complement of performers who are both willing to take on the risks of improvisation and skillful enough to do it in a consistently interesting way. Flying into the unknown requires a brave heart as well as a quick mind, a willingness to welcome the anxiety of being on the edge. As Rebecca Stockley of Bay Area Theatresports puts it, "You're trying to do something you don't already know you can do—often, many times in a single evening."

Pulling this off also requires training; the availability of high-quality training in San Francisco is one reason why the city is blessed with a wealth of improv talent.

Such training has value for actors whether or not they're working with a script. Brian Lohmann teaches improv techniques at the American Conservatory Theater, even though the company does not present improvisation. "The training helps actors performing a script night after night to stay in the moment, to be spontaneous and responsive," he says. "It helps them play the play, rather than demonstrate the play." At a deeper level, it teaches both actors and audience to treat a suggested direction as a gift, a door to be opened with anticipation rather than resistance.

Improvisational theater gets different twists from different performance groups. In general, though, you can expect intimate seating, few or no props, and relatively low prices. Though humor abounds, you'll find that gags are not really the point; imaginative exercise is more what it's about.

By Marcia Williamson

AN IMPROV INTRO

Here are some established improv theater groups with current offerings in San Francisco.

Bay Area Theatresports (BATS), (415) 824-8220. Competing four-player teams take on challenges formed with audience suggestions. One team might play a scene with each member using a different verse form; its opponents might tackle a "Rashomon," a short scene replayed from the point of view of each character. Judges flash score cards evaluating each performance event for technique, narrative development, and entertainment value. They can also honk a horn to cut off a scene that just isn't working.

Good-natured combat takes place Mondays at 450 Geary Boulevard; tickets are $10. Call for reservations or workshop information. (Workshop matches, Tuesdays at the Phoenix Theatre, at Eighth and Folsom streets, cost $3.)

Pulp Playhouse, 922-9375. Using audience-supplied titles as starting points, the troupe improvises stories in familiar pulp-fiction genres—horror, romance, adventure, whatever. Halloween Horror will be offered October 29, 30, and 31 ($10 to $15) at the New Conservatory Theatre Center, 25 Van Ness Avenue. Call 861-8972 for reservations.

National Theatre of the Deranged, 441-7808. Inspired by long-established local entertainer Jim Cranna (remember The Committee?), this group uses current news topics suggested by the audience to invent comic TV news-format "features." Performances are every Monday at The Improv (401 Mason Street); in addition to ticket price of $7, the club has a two-drink minimum (but also offers fruit-based "drinks for drivers").—*M. W.* ■

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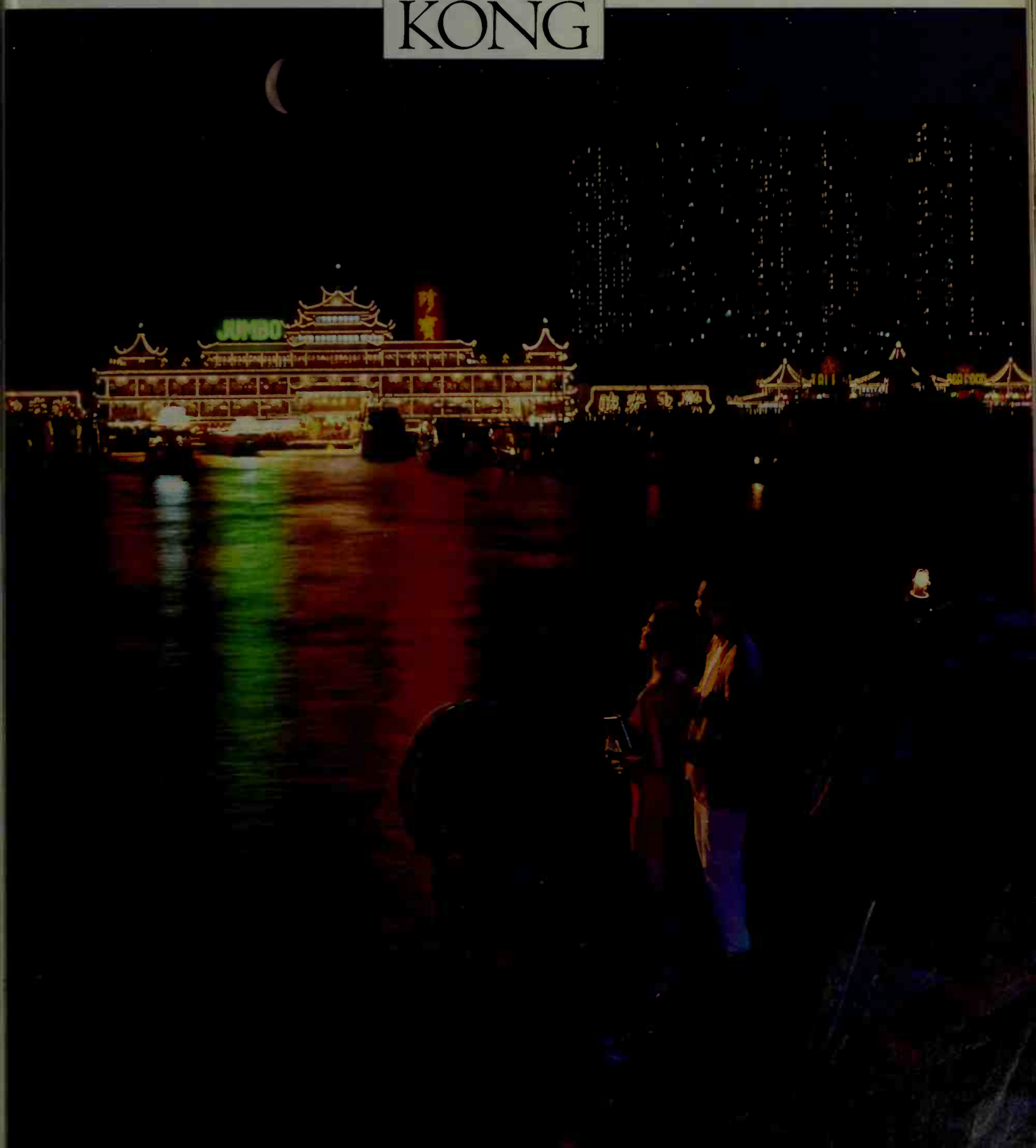

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RANDY ANDERSON

FATAL VISION: *Visitors to The Sixth Floor look down on Dealey Plaza.*

The Sixth Floor recalls fateful November day

IT IS AN UNSETTLING PLACE. The brick warehouse is not like Ford's Theatre or the Tower of London or other shrines to historic crimes. It lacks the safe distance of tragedy long past; it retains the power to wound. After all, most people who come here will remember where they were and what they were doing when the building earned its notoriety.

That is why, if you're in Dallas, you'll probably feel compelled to visit. Not for pleasure, exactly, but to see where American life irrevocably changed. Today the brick warehouse is called the Dallas County Administration Building. You probably remember it as the Texas School Book Depository. You remember that on November 22, 1963, at 12:30 P.M.—so all official, though still debated, accounts maintain—Lee Harvey Oswald stood at a sixth-floor window and with a Mannlicher-Carcano rifle assassinated President John F. Kennedy.

OUT OF TRAGEDY, A MOVING MEMORIAL

In the assassination's aftermath, many Dallasites would have liked the depository and the memories it carried erased from their skyline. But visitors from around the world thronged to the site, and in 1989, Dallas County acceded to their wishes, turning the building's sixth floor into a $3.5-million museum documenting JFK's death and legacy.

Because most actual assassination evidence remains in the National Archives in Washington, D.C., The Sixth Floor exhibition depends on photographs, documentary films, and recreated displays to trace Kennedy's presidency and his fateful Texas trip.

Next to a Teletype machine is the bulletin sent over the UPI wire at 12:34 P.M.: "Three shots were fired at President Kennedy's motorcade today in downtown Dallas." On a video screen, a shaken Walter Cronkite announces, "From Dallas, Texas—the flash apparently official—President Kennedy died at 1 P.M."

The exhibit isn't designed to answer every objection of conspiracy buffs. But it does present alternative theories about the shooting. You can see the infamous landmarks for yourself: look out the windows and there are Dealey Plaza and the grassy knoll.

The Dallas County Administration Building is at Elm and Houston streets. Hours are 10 to 6 Sundays through Fridays, 10 to 7 Saturdays. Admission costs $4, $2 for students 6 through 18, free for ages under 6. For more details, write or call The Sixth Floor, 411 Elm St., Dallas 75202; (214) 653-6666. ■

By Peter Fish

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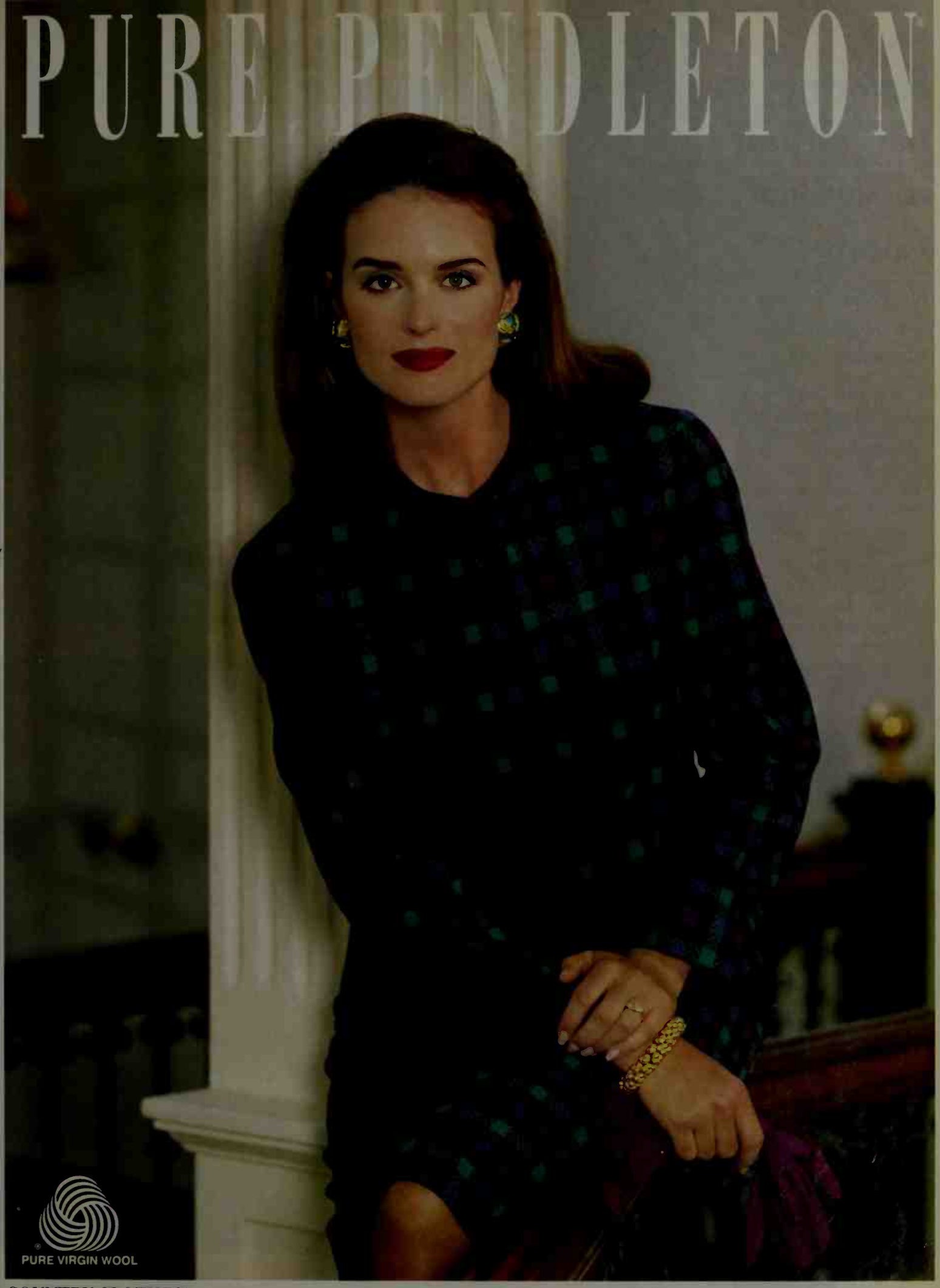

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Healdsburg, a hospitable town with a sociable, shaded

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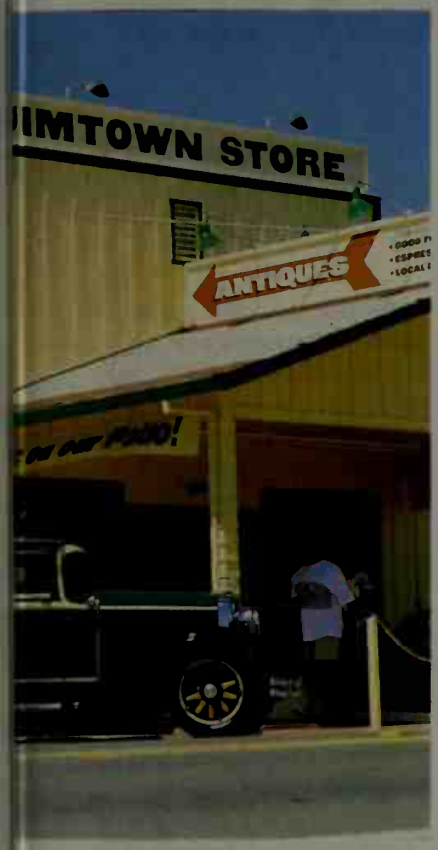
R A Y N

R A Y N A L. V. S. O. P.



HISTORIC GENERAL STORE *has designer deli, folk art, and farm antiques, as well as cornflakes and tortillas.*

OAK-SHADED *picnic area at Field Stone Winery nudges the Alexander Valley.*

plaza, is literally fed by this land's glorious gifts to table and glass, making it a great base for a country weekend.

Late October through November is quietly spectacular. The days are bright but bracing, the valley floors go bright gold and then berry-colored with the changing foliage of the vines, and the hillsides redden with oaks and madrones. Even so, because it's off-season, choice B & Bs are available on much shorter notice, and the valley's many restaurants handle drop-ins with greater relaxation.

You can hike the trails around Lake Sonoma Recreation Area, at the head of the Dry Creek Valley; call (707) 433-9483. Or bike the wine valleys (Spoke Folk Cyclery, at 249 Center Street, has rentals and offers an imaginative printed menu of routes; call 433-7171). But this is such fine wine country that many visitors will be happy with a browse in town, some leisurely tasting, good meals, and a reposeful place to sleep.

Winerygoing. In the Alexander Valley, some good bets are Chalk Hill, Field Stone, Jordan (phenomenal Cabernet Sauvignon), Murphy-Goode (ask to try the Fumé Blanc reserve), de Lorimier. Be sure to stop at the Jimtown Store, a 99-year-old country store updated with gentle wit and a glowing palette of colors, where you can settle down to a tasty patio picnic or pack one to go.

The Dry Creek Valley actually holds more wineries. We especially liked Quivira's Sauvignon Blanc, Rafanelli's famous zin, and the architectural heritage of Hop Kiln. And don't miss the produce at Dragonfly and Westside farms on Westside Road.

Shopping around Healdsburg's square. Inside high-

BRANDY DE FRANCE.

PETER CHRISTIANSEN

THE MERCANTILE & EXCHANGE *at the Jimtown Store is a favorite haunt for antiques lovers and browsers alike.*

ceilinged old retail spaces, local entrepreneurs express their individuality. The bakeries are legendary: try a sweet from Downtown Bakery & Creamery, the French bread at Costeaux French Bakery, "veggie bread" at Kilkenny Bakery.

As you wander and make your own discoveries, check out Fabrications (cottons, ethnic fabrics, quilting supplies), Animal Town (quality children's books and toys), Friends in the Country (cheerful faience, unusual dried wreaths), Palladio (classic-lined contemporary metal furniture). Winston-Stanley sells choice gifts for house and garden. Cro-Magnon has intriguing primitive art.

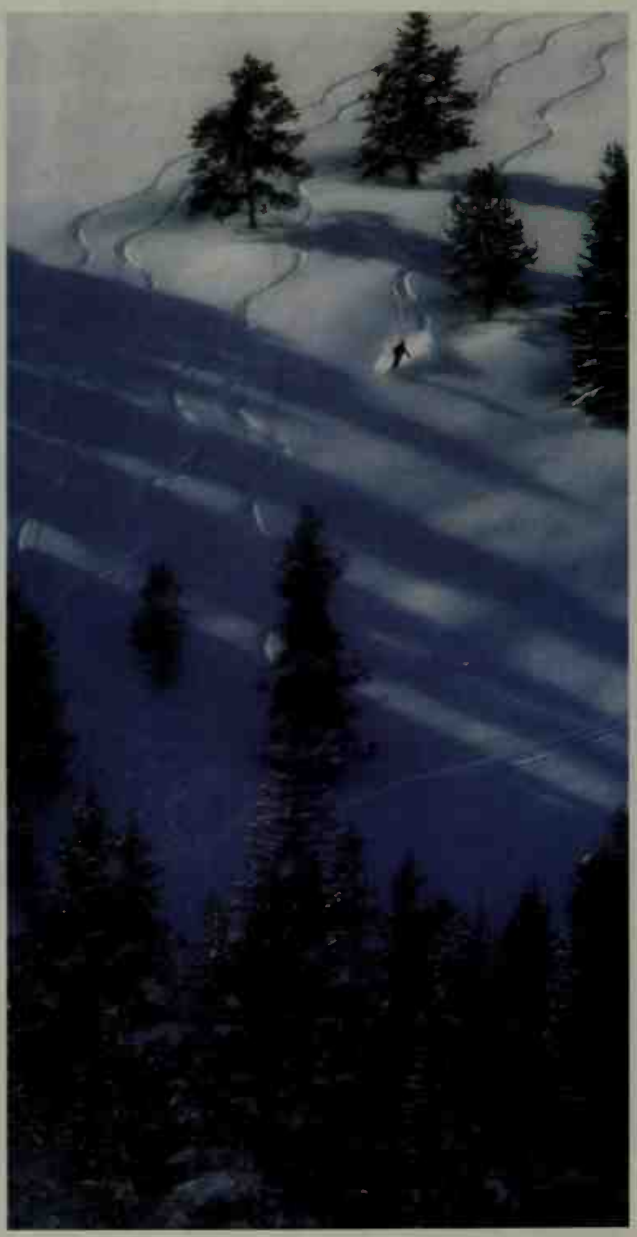
Healdsburg restaurants. Standbys in the square—or within an easy walk—include Tre Scalini (classic Italian), Jacob Horner, and Matuszeks (Czech, with a view). To celebrate the area's Mexican heritage, try a burrito at El Farolito. Newish, lively, and good are Samba Java (you just can't sustain a dark mood in there), Bistro Ralph, and Ravenous, near the Raven Theater.

Overnight. Healdsburg has a decent motel and a handful of B & Bs. Ask the chamber of commerce (217 Healdsburg Avenue, 707/433-6935) for a map locating these and the wineries. Based on our inspection of places recommended by locals, our own top choice for country quiet is Belle de Jour Inn (433-7892). For in-town convenience and elegant antique furnishings, we like the Camellia Inn (800/727-8182). ■

By Marcia Williamson

Why Do You Think They Call It Winding Down?

Skis were made for letting things slide. And isn't that exactly why you take a vacation, to let things slide? For a free Winter Vacation Kit, write to Winter Vacation Kit, Box 38700, Dept. 589, Denver, CO 80238. Or call 1-800-COLORADO, extension 589.



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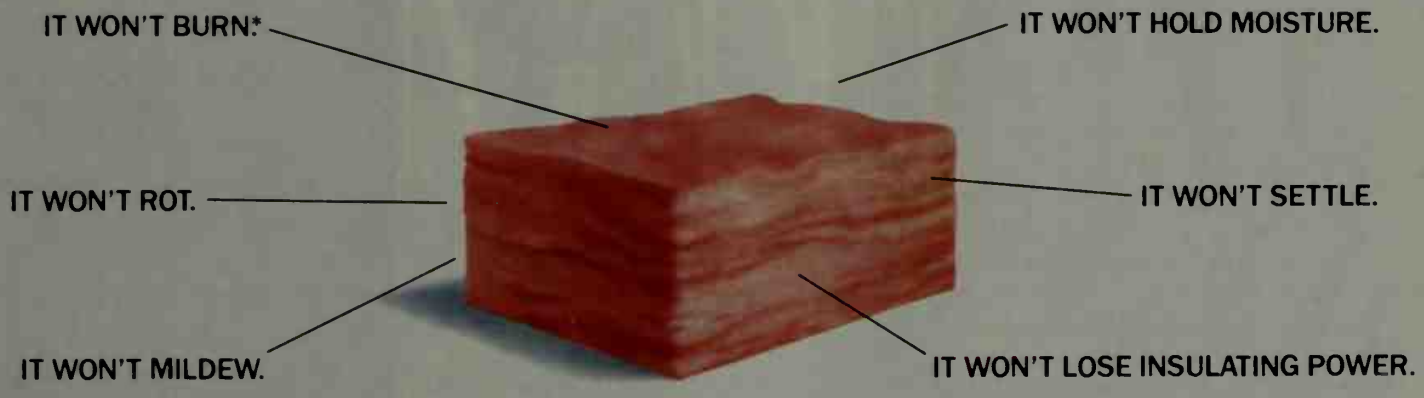

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Exploring California's political landscape

Visit the haunts of presidents and wannabes around the Golden State

ON THE FIRST FLOOR OF California's capitol, a portrait of Ronald Reagan, the state's 33rd governor and the nation's 40th president, shows him in front of the building—a vision of traditional American political power straight out of central casting: dark suit, avuncular smile, a morning-in-America light shining on him. He looks, well, presidential.

Up on the third floor you can see a portrait of Reagan's successor, two-term governor and three-time presidential candidate Edmund G. (Jerry) Brown. The governor can choose any artist for his portrait, and Brown opted for a Southern California expressionist, Don Bachardy. In Brown's somewhat abstract portrait, he looks worried and as if he needs a shave.

The paintings would seem to reflect how little these two men have in common—ideologically or personally. But both Brown and Reagan tapped into California's long antipolitical political tradition, just as presidential politics moved in that direction.

Unorthodox, perhaps, but California has served as a springboard, a retreat, and sometimes a place of tragedy for notable American political figures. With the election upon us, this month is a good time to visit some reminders of the state's role in recent presidential politics.

CALIFORNIA POLITICS: PECULIAR AND DANGEROUS

Some hundred years ago, British writer Lord Bryce wrote that California voters were ready "to try instant, even if perilous, remedies, for present evils" and that "California politics are peculiar and dangerous."

Peculiar and dangerous aptly describe a state where in one year President Gerald Ford survived two assassination attempts, one at the hands of a disciple of Charles Manson. A few years before, in probably the most tragic event in California political history, Robert F. Kennedy was assassinated at Los Angeles's Ambassador Hotel after winning the 1968 Democratic presidential primary.

The venerable Ambassador, on Wilshire Boulevard, figured in another pivotal postwar political event: facing political disaster during a 1952 finance scandal, vice-presidential nominee Richard Nixon penned his famous Checkers speech in the hotel. That draft is now in the Nixon library in Yorba Linda.

Last year, Reagan's presidential library opened in Simi Valley. In the video that greets visitors, Reagan quotes Franklin D. Roosevelt and says, "History cannot be rewritten by wishful thinking."

But history is all about interpretation, and these library-museums provide clear expressions of how Nixon

W.D.A. STEPHENS

POLITICAL COINAGE: *Campaign buttons are reminders of California's winners and losers. These buttons come from the collection of Adam Gottlieb.*

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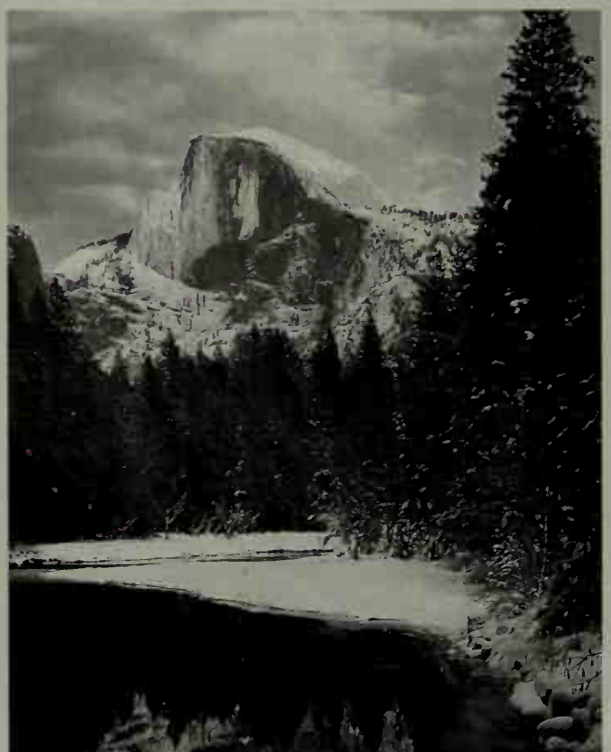


Winter brings more than serenity to Yosemite. Especially in January. That's when dozens of chefs demonstrate the culinary techniques that made them famous: Gerri Gilliland, Hubert Keller, and Mark Miller to name a few. Each session – eight in all – features four experts, ending with a banquet prepared by the creators themselves. If you're wondering about cost, don't. Winter brings off-season lodging prices too. To make your reservation, call (209) 454-2020.

YOSEMITE CHEFS' HOLIDAYS

© 1992 Yosemite Park and Curry Co. is authorized by the National Park Service, Department of the Interior, to serve the public in the Park.

and Reagan would like history to judge them.

SOUTHERN CALIFORNIA: PRESIDENTIAL LEGACIES

Yorba Linda: The Richard Nixon Presidential Library & Birthplace. This museum symbolizes Nixon's post-Watergate redemption. Here, you can have a conversation by video monitor with the former president and track his political odyssey. His boyhood home is also on the grounds. The library is at 18001 Yorba Linda Boulevard; call (714) 993-3393. Hours are 10 to 5 Mondays through Saturdays, 11 to 5 Sundays. Admission costs $4.95 for ages 12 to 61, $2.95 seniors, and $1 ages 8 through 11.

Simi Valley: The Ronald Reagan Presidential Library. "Life is just one grand sweet song, so start the music," reads a quote next to Reagan's picture in his high school yearbook, and it sums up the optimism that carried him to the Oval Office.

Now Reagan has carried the Oval Office back to California—or at least a full-scale reproduction of the room. The museum is also filled with the often stunning visual images that helped define his presidency.

On an outdoor patio, a portion of the Berlin Wall looks out on terrain that recalls writer Andrew Kopkind's 1967 description of Reagan country: "the glassy, grassy flatland suburbs beneath the mountains, where even the palm trees are imported."

The library is at 40 Presidential Drive; call (805) 522-8444. Hours are 10 to 6 Mondays through Saturdays, noon to 6 Sundays through October 24, then to 5. Admission costs $3 for ages 16 through 61, $1 seniors.

Los Angeles: Lucy's El Adobe Cafe. Even if Jerry Brown had been elected president, he probably wouldn't have opened a museum, but this landmark Mexican cafe offers some living history. Brown spent many evenings here in the late 1970s with then-girlfriend Linda Ronstadt. Pictures of stars and pols decorate the room. There's even a $9.50 Jerry Brown special (chicken and rice with bell peppers, onions, and tomatoes). Lucy's is at 5536 Melrose Avenue; call (213) 462-9421.

SACRAMENTO: GUBERNATORIAL SIGHTS

Governor's Mansion. No building has played a greater role in recent

California political mythology than this white 1877 Victorian.

When Ronald Reagan became governor in 1967, he and his family lived here only a few months before moving into a larger house on 45th Street. Reagan backers later financed a sprawling new house along the American River.

Labeling the new mansion a "Taj Mahal," Brown refused to move in in 1975, opting instead for a $250 apartment across from the capitol. There he lived for two terms, with his fabled mattress on the floor.

The old mansion, at 16th and H streets, is open daily for hourly tours starting at 10, with the last at 4. Admission costs $2, $1 for ages 6 through 12.

State Capitol. Restored 10 years ago, the capitol is well worth a visit for both its architecture and history. Tours go to the Senate and Assembly chambers, and pass by the Brown and Reagan portraits as well as those of some other former governors.

Tours are free. Capitol tours run hourly from 9 to 4. Historic tours are also available; call (916) 324-0333.

To see politics in action, take a peek in the center corridor on the third floor, where lobbyists live up to their name. Another good bet is the sixth-floor cafeteria in the morning. If you're interested in attending a legislative session or hearing, stop in the tour office in the basement (Room B-27) for information.

Frank Fat's. A short walk from the capitol, this Chinese restaurant has become famous for its power lunches. The clientele leans toward the Republican side of the aisle, but you're likely to spot members of both parties, plus columnists. We enjoyed the mood and the food, including the traditional banana cream pie. Frank Fat's is at 806 L Street; call (916) 442-7092.

BAY AREA: CHEERS AND TEARS, HISTORY AFLOAT

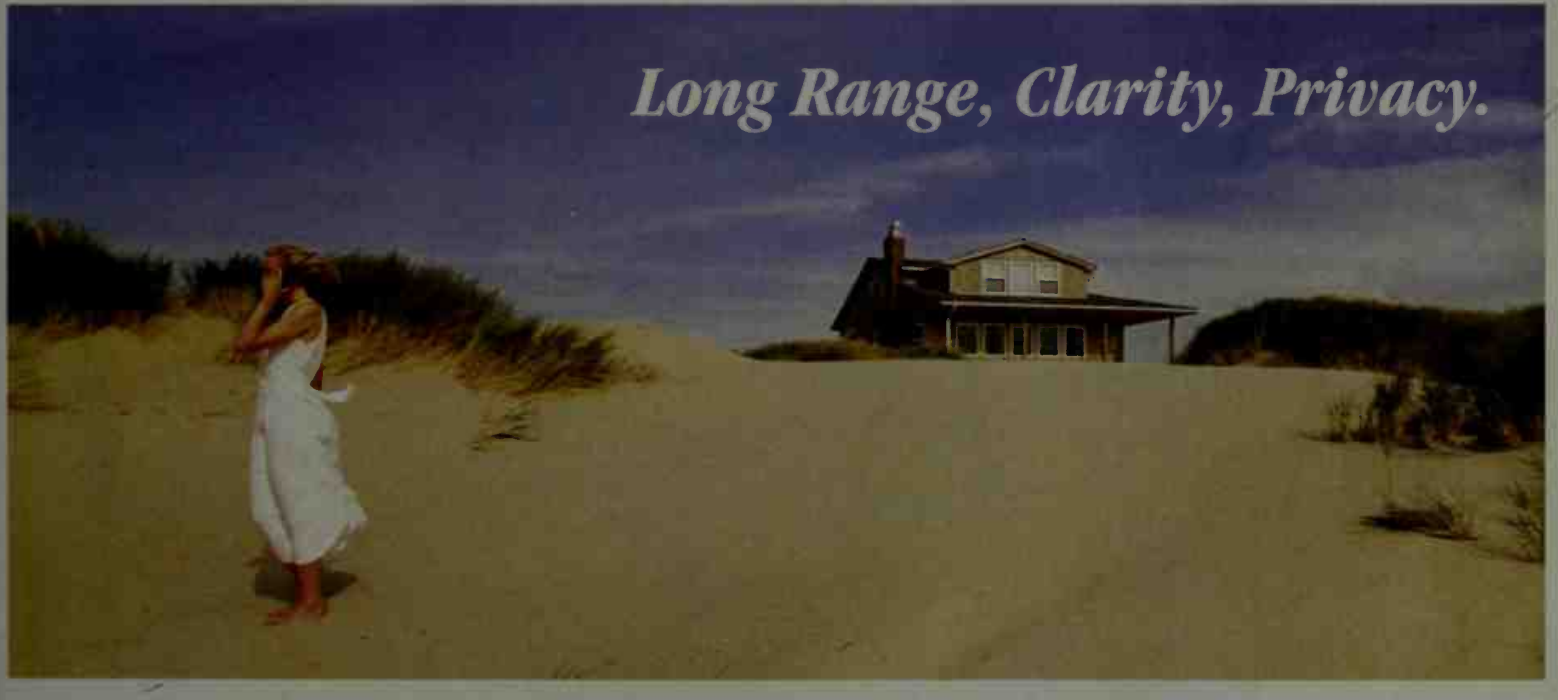
It was once said, San Francisco is the only city in the country that would cheer Nikita Khruschev and boo Willie Mays. The Bay Area has long held a reputation for radical politics, with Berkeley at its center.

But events like Berkeley's People's Park riot in 1969 helped solidify Reagan's role as a defender of law and order, while the Bechtel Group, in San Francisco, and Stanford University produced a number of key members of his two presidential administrations. Stanford is home to the Hoover Institution on War, Revolution and Peace, which was founded in 1919 by President Herbert Hoover, a member of the school's first graduating class. Warren Harding fared miserably in the Bay Area: he died at the Palace Hotel in San Francisco in 1923.

Oakland Museum. Always a great spot for California history, the museum has a section devoted to state politics, with an assortment of memorabilia. The museum is at 1000 Oak Street; call (510) 238-3401.

The Potomac, Oakland. Franklin Roosevelt's presidential yacht was once owned by Elvis Presley. Now a National Historic Landmark, *The Potomac* will soon be open for tours; call (510) 839-7533. ■

By Matthew Jaffe



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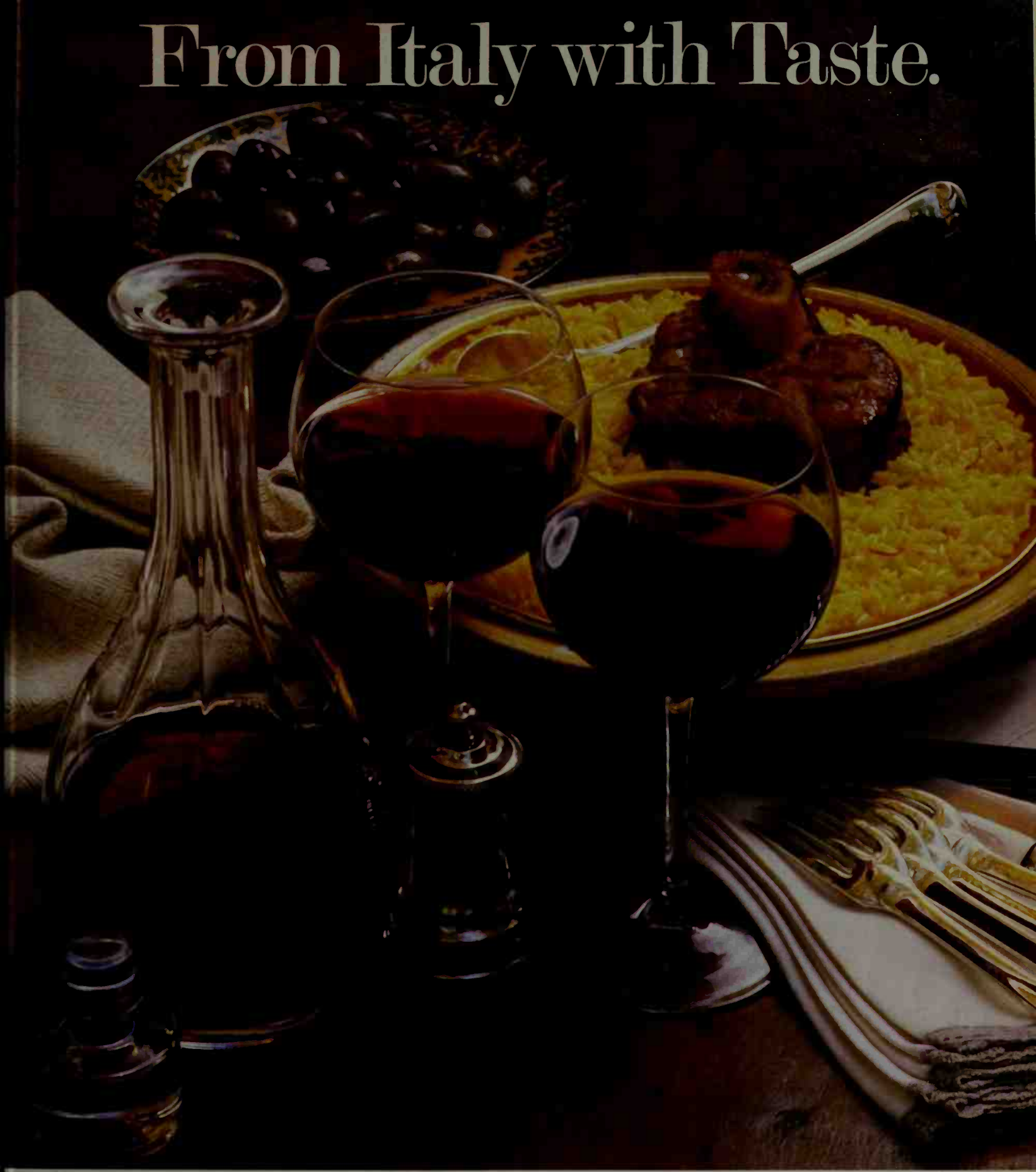

The elegant red wine with the *osso buco* and saffron rice is a Chianti Classico from Tuscany. We could as easily have chosen a Torgiano from Umbria or a Donnas from Valle d'Aosta. After all, the 20 regions of Italy produce more varieties of fine wine than any other country. And they go with any foods in America.

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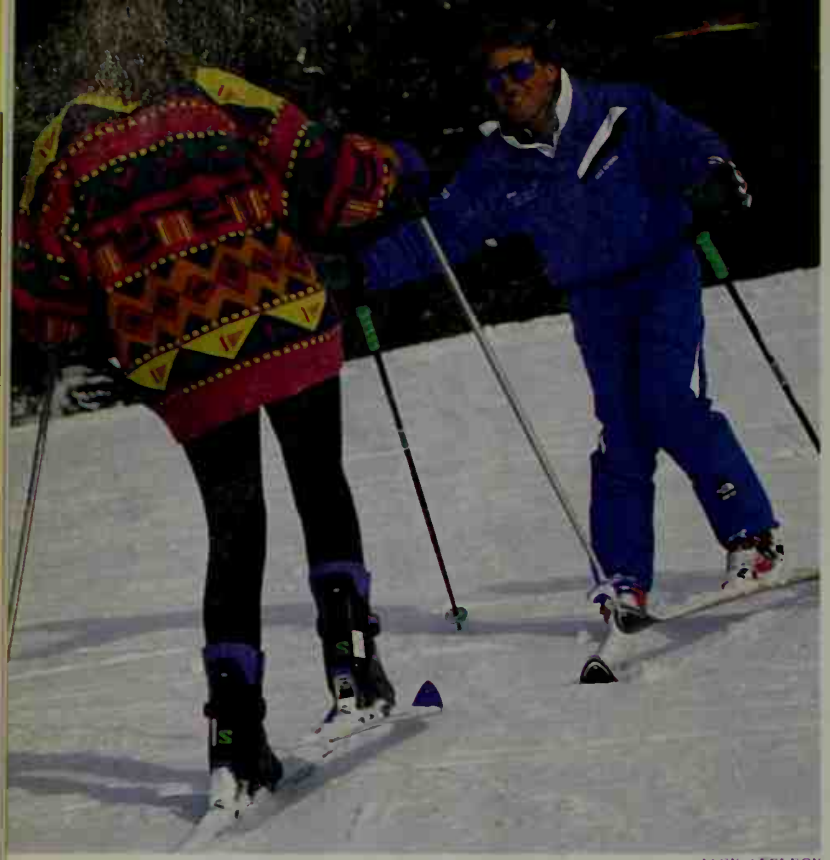

JACK AFFLECK

FEEL THE EDGE: *Instructor uses a balancing drill to help skier sense when her ski is on edge.*

Making the most of ski lessons

Skiers of all levels can benefit from lessons—if they know which kind to take

YOU'VE NEVER SKIED before but want to learn. No? Okay, then you took lessons years ago, but you haven't gotten any better and think it would be nice if you could at least keep up with the kids.

Let the kids ski by themselves, you say? What you really want to do is learn how to tackle bumps, steep terrain, or powder. Confidently. Fearlessly. Flawlessly.

Whatever your motivation or skill level may be, you've decided to take ski lessons this winter. But not so fast—a lot has changed in ski instruction in the last few years. To get the best value for your money, you need to know the pros and cons of the many options now available.

To help you out, we first spoke with experts throughout the West: Olympic skiers, ski school directors and instructors, and examiners of ski instructors. Then we went skiing. We took private lessons, group lessons, super clinics, race clinics, bump seminars, powder clinics, and performance camps.

Here's what we learned.

LESSON NUMBER ONE: FORGET PRIVATE LESSONS

Private lessons are great for learning the piano, but they tend to be a drawback on ski slopes, particularly for kids and beginners.

Why? There's no useful reference point with private instruction. There's only the instructor—who is *very* good and can do things you can't—and you. "You'll be convinced in a private lesson you can't do it," says Jace Romick, a former member of the U.S. Ski Team who runs the Billy Kidd Center for Performance Skiing at Steamboat Springs in Colorado. "In a group lesson, you have other people making mistakes, struggling. You'll end up learning quicker by watching them as well as your instructor."

Also, private lessons are far more expensive than group lessons. You'll usually pay more for a 1-hour private lesson (about $50 to $60) than for a full-day group lesson ($40 to $50). Unless you just can't learn in a group situation or you want to work only on a specific skill, it's seldom worth it.

Group lessons are great for learning comprehensive skills. They're also the best kind for children, who make new friends and acquire skills quickly in a group situation.

THE LONGER, THE BETTER

Although longer lessons will cost you more, you'll get more out of them. "It's very frustrating teaching a 2- or 4-hour class," according to Kris Hagenbuch, clinic leader for Professional Ski Instructors of America. "You can teach one or two skills, but you don't really have time to work on them. For better value, take an all-day lesson."

Or, better yet, sign up for a multiday lesson—if only for two days. "The only way to move from one level of skiing to another is to take multiday lessons, preferably where you can have the same instructor each day," says Victor Gerdin, ski school director at Snowmass in Colorado.

Our own experience led us to conclude that two-day programs are good, three-day better still. Four might be too much (we wanted a break after three days). Jack Copeland, ski school director at California's Mammoth Mountain, recommends planning to ski five consecutive days. "Take three days of lessons, practice everything you've learned on the fourth, then ski just for fun on the

SKI SCHOOL DO'S AND DON'TS

For children:

- Don't put kids in lessons when the weather is bad. They won't learn.
- Look for programs with a variety of activities—games, obstacle courses. Kids get bored just taking instruction.
- Check your children in at the meeting location, then go ski. They'll do better if you're not around.

For adults:

- Unless you're a beginner, *do* take lessons in bad weather. It's the best way to learn how to ski difficult conditions.
- Look for programs that videotape classes, so you can see how you really ski.
- Have a specific goal, and make sure your instructor knows what it is.
- Not all instructors are certified. Ask for one who is. There are four levels of certification; in general, instructors should be "fully certified" (the third level).
- Challenge yourself. If you can't ski bumps, take a bump lesson. You'll end up being a better skier (even if you never master moguls).
- Inundate your instructor with feedback. Tell him or her what is working for you, and what isn't.—*D. L.*

fifth. You'll be a much improved skier."

ADVANCED CLINICS CAN BE BARGAINS

Billy Kidd, one of the first American men to win an Olympic skiing medal, doesn't understand why intermediate and advanced skiers don't take more lessons. "Good golfers take lessons. Tennis players take lessons. But skiers reach a certain level of ability, tell themselves they can ski, and never take another lesson."

Many ski areas now offer advanced clinics that are often the best deal on the mountain. Mammoth Mountain, for instance, has a little-known super clinic: 3 hours of intense instruction with a top instructor for $32. The maximum student to teacher ratio is 5 to 1, though the two days we took it there were never more than three students. In addition to providing instruction in skiing bumps and the steeps, our instructor consistently found the best skiing on the mountain—and we never had to wait in lift lines.

LEARN HOW TO LEARN

All our experts agreed that more important than the type of lesson is the attitude of the skier. As Kidd told us, "To improve your skiing, you first need to learn how to learn."

What does that mean? It means using your senses and not just your intellect. Our instructors noted that some of the toughest students to teach are lawyers, doctors, and business executives. "They intellectualize too much," says Romick. "Often they've forgotten how to learn. My best students are cowboys and surfers who rely more on their senses for learning." His advice to skiers of all abilities is to forget what you think you know about skiing and learn the way a child learns: "Listen. Watch. Feel." ■

By David Lansing

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PALMS *star at The Retreat (above); Ardastra Gardens has Bahama parrots and flamingos to pose with.*

DON NORMARK

Birds and botany in the Bahamas

TWO BIRD-WATCHERS from the Western states, the Bahamas promise beautiful birds found only here, as well as a variety of East Coast birds that winter here October through May.

In Nassau, two botanic gardens—Ardastra Gardens and Zoo and The Retreat—offer good viewing. You needn't be a skilled birder to enjoy them, just patient. Take time to pick out birds that flit about in the foliage.

At either garden, you may spot endemic birds such as the Bahama woodstar (a hummingbird with brownish tail markings), Eastern birds like the yellow-throated warbler, or West Indian birds such as the glossy black smooth-billed ani, or the bananaquit (with whitish to yellow stripes above its eyes). At Ardastra Gardens, you'll even see the rare Bahama parrot in an aviary (it's part of a captive-breeding project).

TWO OASES FOR BIRDS AND BIRDERS

Even if the bird-watching is lukewarm, you'll enjoy walking through impressive plant collections at these two gardens. Each is a cab ride from Nassau's main hotels.

To help you identify the birds, bring binoculars and a field guide to North American birds, as well as *The Collins Guide to the Birds of New Providence and the Bahama Islands,* by P. G. Brudenell-Bruce (Penguin USA, 1986; $15.95). If weather is windy or rainy, wait for a dry, calm day when birds are more active.

Ardastra Gardens and Zoo. This 5-acre tropical garden has aviaries filled with dazzling birds. Look also for wild birds: mangrove cuckoo and Bahama mockingbird in the verdant canopy, green or little blue herons by the waterways.

A flock of "trained" flamingos puts on a quirky but funny display of synchronized movements at 11, 2, and 4 daily. Visitors get to walk briefly among these curious creatures, the Bahamas' national bird. Flamingos are near threatened status; a breeding flock here may someday boost populations in the wild.

Off W. Bay Street at Chippingham Road (follow signs); (809) 323-5806 or 323-7232. Open 9 to 5 daily; admission is $7.50 ($3.75 for ages 10 and under).

The Retreat. Once a private estate, this 11-acre garden is now run by the nonprofit Bahamas National Trust. Here you walk into a towering forest with 92 genera of palms—arecas and fishtails, cabbages and queens. The palms attract a plethora of small, colorful birds. Look for the white-crowned pigeon, stripe-headed tanager, red-legged thrush, and thick-billed vireo. The garden has about a mile of twisting trail, padded by vegetation. Walk softly and you'll hear these birds before you see them.

Staff in a 150-year-old Bahamian cottage can provide trail guides and brochures.

On Village Road across from Queens College; 393-1317. Open 9 to 5 weekdays; tours ($2) at noon Tuesdays through Thursdays. ■

By Lora J. Finnegan

You hold your child's hand when she crosses the street, you won't let her climb to the top of the jungle gym and you make her wear a life preserver in the kiddie pool.

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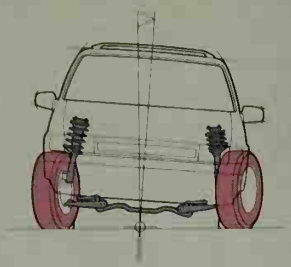

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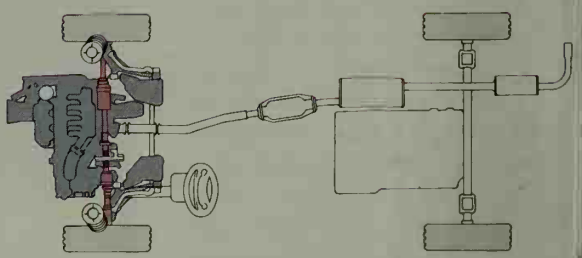
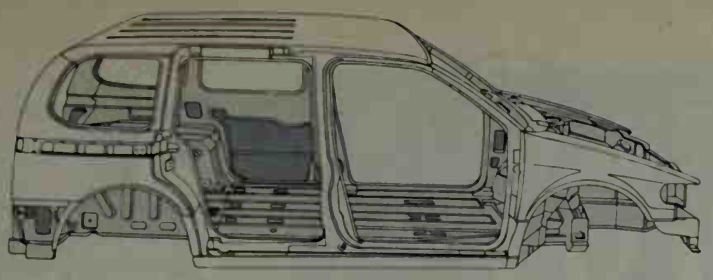


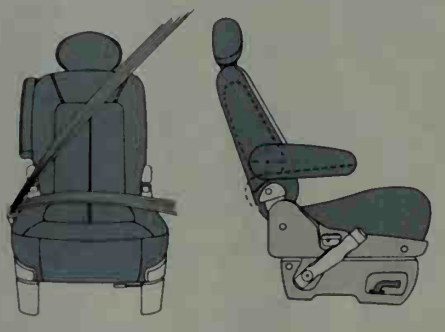
By placing the engine weight over the drive wheels, our sophisticated front-wheel drive provides added traction.

*Nissan Motor Corporation in U.S.A. Smart people always read the fine print. And they always wear their seat belts. *Except models with privacy glass.*



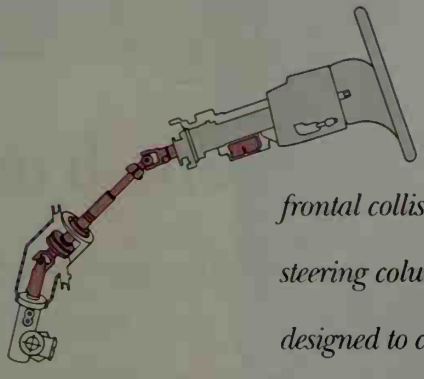
Did we mention the Nissan Quest comes with its own body guards? Steel side door guard beams provide added protection in case of a side impact. And pillar/roof reinforcements increase body rigidity.

When it comes to braking we didn't stop with our power-assisted brakes. An optional 4-wheel anti-lock braking system is also available.



To us concerns about safety are automatic, which is why we've included front automatic motorized shoulder belts. And 3-point seat belts are found in outside positions in second and third row seats.

A child safety lock has been wisely included on the sliding side door.



A few items on the Nissan Quest are actually designed to break down. In a frontal collision, the steering column is designed to collapse to help prevent it from intruding into the passenger compartment.

The New Nissan

Quest

NISSAN

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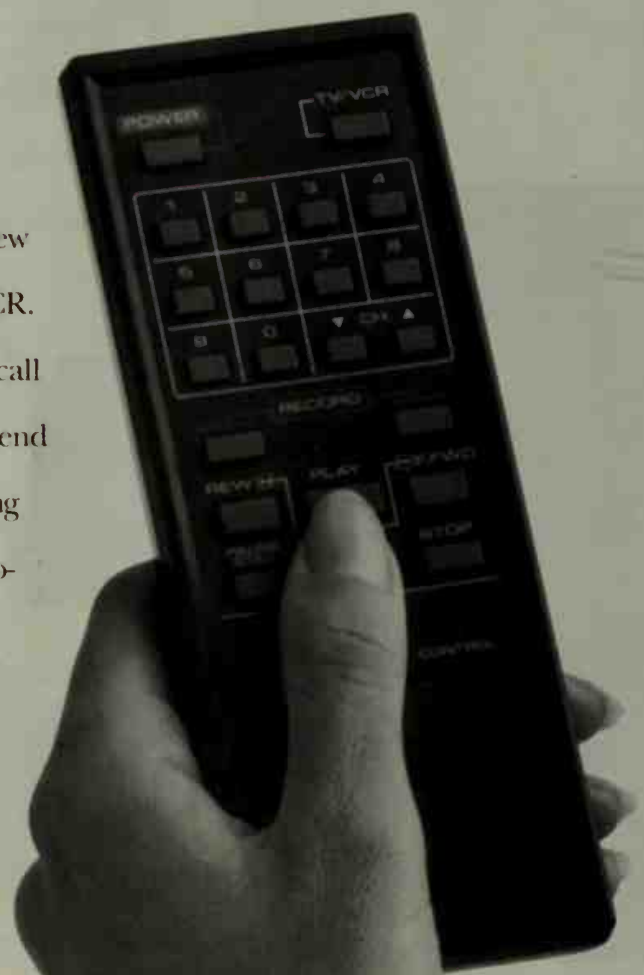

All you need to drive the new *Nissan Quest* minivan is a VCR.

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P.O. Box 91-1190
Commerce, CA 90091-1190

Toadflax: grow it as a wildflower

A more efficient way to drip-irrigate new plantings

Red fescue: lawn grass that makes a meadow

When house plants come in for winter

Sunset's GARDEN GUIDE

Attracting birds with native plants

Variegated iris is now more available

Get a jump on slugs and snails

November checklist

NORMAN A. PLATE

Backyard meadow in Marin

COOLER TEMPERATURES AND LOW GOLDEN LIGHT MAKE NOVEMBER A grand month to savor your garden's subtle seasonal changes. Persimmons are ripening and leaves are falling, but, in mild coastal areas, tough perennials are still blooming. In the Inverness, California, garden pictured above, colorful blooms of purple-flowered Mexican sage and white Mexican daisy edge a meadow of red fescue well into late fall. In low elevations, it's time to finish planting; in high elevations, get ready for cold weather.

Sunset's

GARDEN GUIDE

Plant toadflax now for spring color

Wispy stems and blooms like miniature snapdragons make toadflax (*Linaria maroccana*) too delicate to put on a show by itself in most gardens. But combined with other flowering plants—especially native ones like California poppies—this warm-weather annual takes on a wildflower look.

Two common strains are Fairy Bouquet, which grows to 9 inches and has flowers in pastel shades of pink, lavender, and blue, and Northern Lights, which grows a foot tall or more and has flowers in bright colors like red and orange, as well as bicolors.

This linaria combines well with wildflowers in a mixed meadow, and it makes a fine edging for borders or a companion to spring bulbs. Or grow it in a bed edged with white sweet alyssum.

Toadflax prefers a sunny to partly shaded location with well-drained soil. Sow seeds in the ground this month for color starting in early spring. For best germination, loosen the top 1 to 2 inches of soil. For heavy soils, mix in plenty of compost.

Keep soil moist until seeds germinate (in 7 to 14 days). If winter rains are not plentiful, be sure to water; for vigorous growth, feed monthly with a complete fertilizer such as 10-10-10.

—Emely Lincowski

RENEE LYNN

WISPY STEMS *and delicate shell pink flowers of toadflax grow gracefully between golden orange California poppies.*

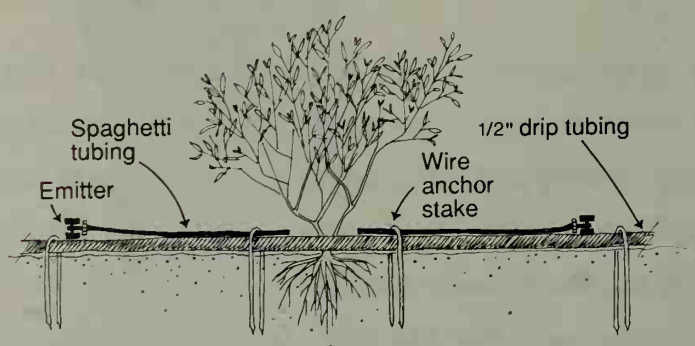
Drip tip: water new plants with spaghetti

Establishing newly set out plants with drip irrigation takes some diligence. Depending on your soil type and the kind of plant you're growing, irrigation specialists generally recommend that you put either one or two emitters at the rootball of a new plant from a 1- or 5-gallon container, and move the emitters away from the rootball as the plant grows so roots are encouraged to grow into surrounding soil.

But landscape architect Owen Dell points out that "gardeners often neglect to cap the original emitters and install new ones, or they can't find the original emitters to cap because the plant has overgrown them."

As an alternative, Dell developed a technique, shown below, that eliminates the need to cap the emitters and install new ones. At planting time, he places two 1- or 2-gallon-per-hour emitters (the kind that accepts spaghetti tubing) on standard ½-inch drip tubing; he sets them on opposite sides of the plant and 18 to 24 inches from the rootball. He runs tubing from these emitters inward to the plant's rootball (away from the stem) and anchors it with wire stakes.

A few months after planting, he cuts the spaghetti tubing in half so water drips farther out from the plant. A year after planting, he clips or pulls off the entire piece of tubing so water drips from the emitters.—*Lynn Ocone*



SPAGHETTI TUBING *attached to emitters waters new plant at rootball; as roots grow outward, emitters do the watering.*

Instead of a lawn, how about a meadow?

Few lawn grasses do justice to a country garden carved out of wild land. Red fescue (*Festuca rubra*) is an exception. Allowed to grow long and flop over, it resembles a wave-tossed sea; landscape designer Marsha Heron chose it to create a meadow (pictured on page 49) outside a vacation home in Inverness, near the coast of Northern California.

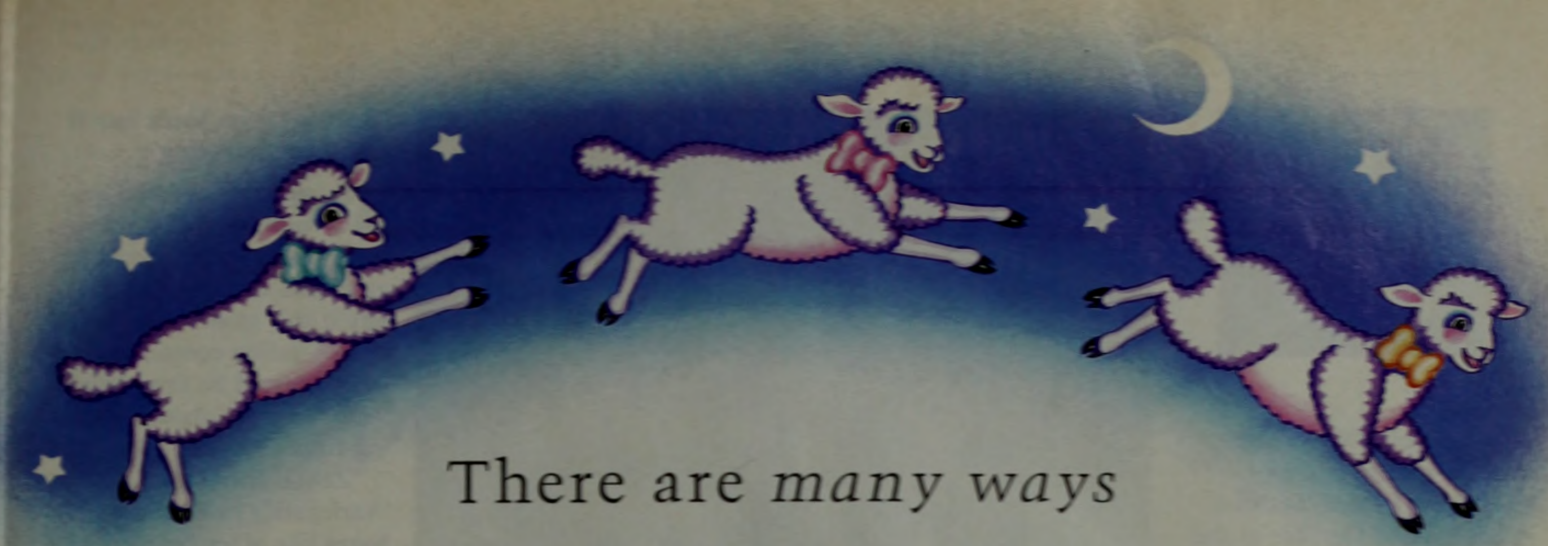
This low-maintenance lawn substitute needs mowing only once or twice a year (spring and fall), and—to stay green—water every two to three weeks.

Red fescue thrives in cool, coastal conditions, in areas that are free of heavy foot traffic. For warmer inland areas, you can substitute a grass such as hard fescue (*F. ovina duriuscula*).

Sow seeds by early November, or wait until February. Prepare the soil as you would for a lawn: rid the area of weeds before planting, then rotary-till organic matter and fertilizer into it. Soak the ground thoroughly for good seed germination.

You'll need 2 to 4 pounds of seed per 1,000 square feet Heron sowed red fescue with seeds of California poppies and sky lupine (*Lupinus nanus*).

Two months after sowing, apply a complete fertilizer at a rate of ½ pound of actual



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Sunset's

GARDEN GUIDE

nitrogen per 1,000 square feet. Be sure to pull any weeds that appear. Fertilize in March and October at the same rate.—*E. L.*

Helping house plants make the move indoors

If your house plants have spent the summer outdoors, now is the time to move them back inside.

Before the move, stop feeding plants and water them thoroughly to leach soluble salts from the soil: let water drain out the bottom of the container, then repeat.

Wash the leaves with a spray of water. Keep them clean by dusting them regularly (by reducing light, dust can reduce a plant's ability to photosynthesize by 50 percent).

Most house plants require infrequent fertilizing in winter. Feed slow-growing ones like kentia and lady palms every two to three months. Fast-growing plants like spathiphyllum and dieffenbachia require monthly feeding. For both types, use a half-strength solution. Mist plants regularly—*L. O.*

Native plants that entice the birds

If backyard birding appeals to you, consider setting out some of the many native plants that provide birds with food and shelter.

Here are six that are easy to find and easy to grow, with birds they attract. They're among more than 60 choices described in The Theodore Payne Foundation's brochure *California Native Plants Desirable for Gardens and Bird Sanctuaries.*

Wild lilac (Ceanothus). Bushtits, finches, gnatcatchers, grosbeaks, hummingbirds, mockingbirds, quail, thrashers, thrushes, warblers, and wrentits visit for food and shelter.

Penstemon. The flowers attract hummingbirds. Sparrows and other small birds eat the seeds.

Coffeeberry (Rhamnus californica). Band-tailed pigeons, cedar waxwings, jays, mockingbirds, purple finches, robins, thrashers, and thrushes eat the black fruit starting in late summer.

Pink flowering currant (Ribes sanguineum glutinosum). Hummingbirds visit the blossoms. Finches, quail, robins, thrushes, and towhees come for the fruit.

Salvia clevelandii. It is frequented by bushtits, hummingbirds, sparrows, and wrentits.

California fuchsia (Zauschneria californica). The scarlet flowers are a hummingbird favorite.

For the brochure, send $1 to The Theodore Payne Foundation, 10459 Tuxford St., Sun Valley, Calif. 91352. —*E. L.*

DAVID & ROYSTON BULB COMPANY

VARIEGATED LEAVES *make 'Zebra' bearded iris an attractive plant, even out of bloom.*

NORMAN A. PLATE

HOLY SLUG! *Six-inch banana slug creeps along path in a moist coastal garden.*

'Zebra' iris: look for it at your nursery

Though this bearded iris has long been available by mail, it's now also abundant at garden centers. You can buy it this month as rhizomes or in 1-gallon containers; rhizomes should be firm with white or green shoots sprouting from the sides. Plant now.

'Zebra' iris (*I. pallida* 'Variegata') looks and behaves like other bearded iris, but its 18-inch leaves striped green and creamy yellow make it a showy accent, even when not in bloom. Violet-blue flowers appear in spring on 24- to 30-inch stalks.

'Zebra' needs good drainage, with full sun in cool climates and light shade in hottest areas. Amend soil with compost, and set rhizomes 1 to 2 feet apart, with top just below the soil surface.—*L. O.*

Don't forget those slugs and snails

The creature in the photograph below may look like a mutant from another planet, but this West Coast slug (*Ariolimax columbianus,* commonly known as banana slug) appeared in a west Marin County garden. What it lacks in speed and good looks, it makes up for in size: more than 6 inches from end to end. And these slugs can eventually reach 10 inches.

Luckily, these slimy giants aren't frequent visitors to suburban gardens (they prefer undisturbed damp, woodsy areas such as Northern California's redwood belt). But garden slugs and snails are always lurking under rocks or garden debris, waiting to creep out at night or on cool days to munch on seedlings and newly set out young plants.

Protect new plantings by handpicking, or use bait. A jar or can set on its side near a vulnerable plant and held in place with a stick or stone makes a good trap; put a tablespoon of bait inside.—*E. L.*

(Continued on page 54)

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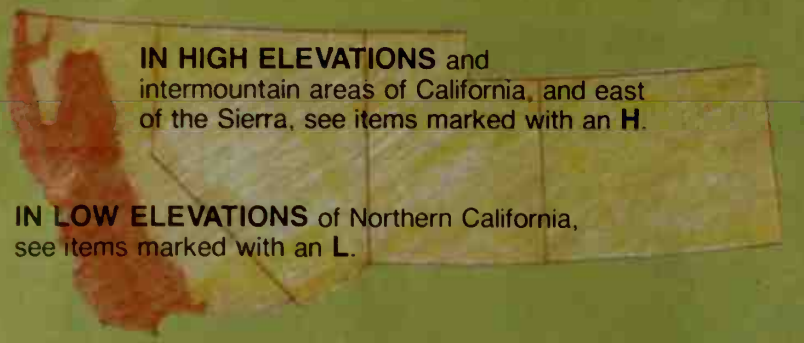
Sunset's

GARDEN GUIDE



IN HIGH ELEVATIONS and intermountain areas of California, and east of the Sierra, see items marked with an **H**.

IN LOW ELEVATIONS of Northern California, see items marked with an **L**.

November Checklist

HERE IS WHAT NEEDS DOING

☐ **CLEAN UP DEBRIS. H, L:** Pull up what's left of summer annuals and vegetables. Rake leaves. Except for weeds that have gone to seed, add all debris to the compost pile. A thorough cleanup now will eliminate hiding places for earwigs, slugs, snails, and sowbugs.

☐ **COMPOST. H, L:** Add garden debris and fruit and vegetable scraps to compost pile. A simple composter can be made with a 4-foot-high piece of 12- to 14-gauge wire fencing; bend it into a cylinder about 4 feet across and hook the cut edges together. To fill, alternate 1- to 1½-foot layers of garden debris with 2- to 3-inch layers of soil. Sprinkle nitrogen fertilizer every 1½ feet. Keep the pile evenly moist and aerate it by turning it every two weeks or so.

☐ **CUT BACK CHRYSANTHEMUMS. L:** As soon as flowers die, cut back plants to within 6 inches of the ground.

☐ **DIVIDE DAHLIA TUBERS. H, L:** If you haven't done so already, dig them carefully with a spading fork; trim away any remaining foliage and most of the stems, and brush off soil. Use a sharp knife to cut each clump into sections; include an inch of stem and an eye with each division. Discard soft or diseased tubers. Store healthy tubers in a cool, dry location in peat moss–filled bags.

☐ **FERTILIZE COOL-SEASON CROPS. L:** Feed annuals and vegetables with a complete high-nitrogen fertilizer such as 20-10-10.

☐ **FERTILIZE LAWNS. L:** If you haven't already done so this fall, or if the fertilizer you're using requires a second application (check label), feed lawns now with a granular, high-nitrogen lawn food following label directions. If you're trying to conserve water, wait to fertilize until several inches of rain have fallen.

☐ **FIGHT EROSION AND FLOODING. L:** On slopes and hillsides, especially where wildfires struck this year, sow seeds of wildflowers and annual or perennial rye grass. You can also use low-growing flowering plants such as Cape marigold, sweet alyssum, and common yarrow.

☐ **MANAGE WEEDS. L:** Fall rains encourage weed seeds to germinate. Control sprouts with a garden hoe, and mulch heavily around annuals, shrubs, trees, and pathways.

☐ **MULCH FOR WINTER. H:** After the ground has frozen to a depth of 1 to 2 inches, spread 2 to 3 inches of compost, straw, or other organic matter to protect bulbs, flowering perennials, permanent plants, and strawberry beds. Mulch conserves water and helps minimize freezing and thawing of soil, which can heave plants out of the ground. Exposed plants can dry out and die.

☐ **PLANT ANNUALS. L:** This is the last chance to set out winter annuals such as African daisy (*Dimorphotheca*), calendula, English and fairy primroses, pansy, Iceland poppy, snapdragon, stock, sweet alyssum, sweet William, viola, and wallflower. For best growth, remove plants from 4-inch pots and gently spread roots before setting in the ground or in a container. Water well.

☐ **PLANT BULB COVER. L:** Scatter seed of blue forget-me-not (*Myosotis sylvatica*) in beds of yellow daffodils or red, white, or pink tulips.

☐ **PLANT GARLIC. L:** Set out cloves of regular or elephant garlic. For a harvest of large heads, plant the largest cloves you can find.

☐ **PLANT LAWNS. L:** There is still time to sow or lay sod of cool-season grasses. Keep in mind that this winter's new lawn will be next summer's water hog. Consider reducing turf areas to conserve water. Or replace lawn altogether with unthirsty ground covers.

☐ **PLANT PERENNIALS. L:** Nurseries have a wide assortment this month in six-packs and pots. Select from alyssum, basket-of-gold, campanula, columbine, coral bells, coreopsis, delphinium, dianthus, English daisy, gaillardia, gloriosa daisy, Oriental poppy, penstemon, phlox, and salvia.

☐ **PLANT SHRUBS AND TREES. L:** It's not too late to plant most ground covers, shrubs, trees, and vines. Sasanqua and other winter-flowering camellias will be for sale in bud and in bloom. Wait until late December for bare-root roses, trees, and vines to arrive in nurseries. Wait until spring to set out cold-tender plants, such as bougainvillea, hibiscus, mandevilla, and citrus.

☐ **PLANT SPRING BULBS, CORMS, TUBERS. L:** Unusual bulbs may be in short supply now, but most nurseries have a good selection of popular kinds. Before planting hyacinth and tulip bulbs, chill them in a refrigerator at 40° for six weeks.

☐ **PLANT TREES. L:** If you want trees for fall color, this is a great month to shop. Many will be at their peak of fall color. Choose from such drought-tolerant trees as Chinese pistache, crape myrtle, liquidambar, and redbud.

☐ **PLANT VEGETABLES. L:** In many areas, there's still time to sow seeds of beets, radishes, and spinach. Closer to the coast, you can also plant carrots from seed, and broccoli, cauliflower, lettuce, and Swiss chard from transplants.

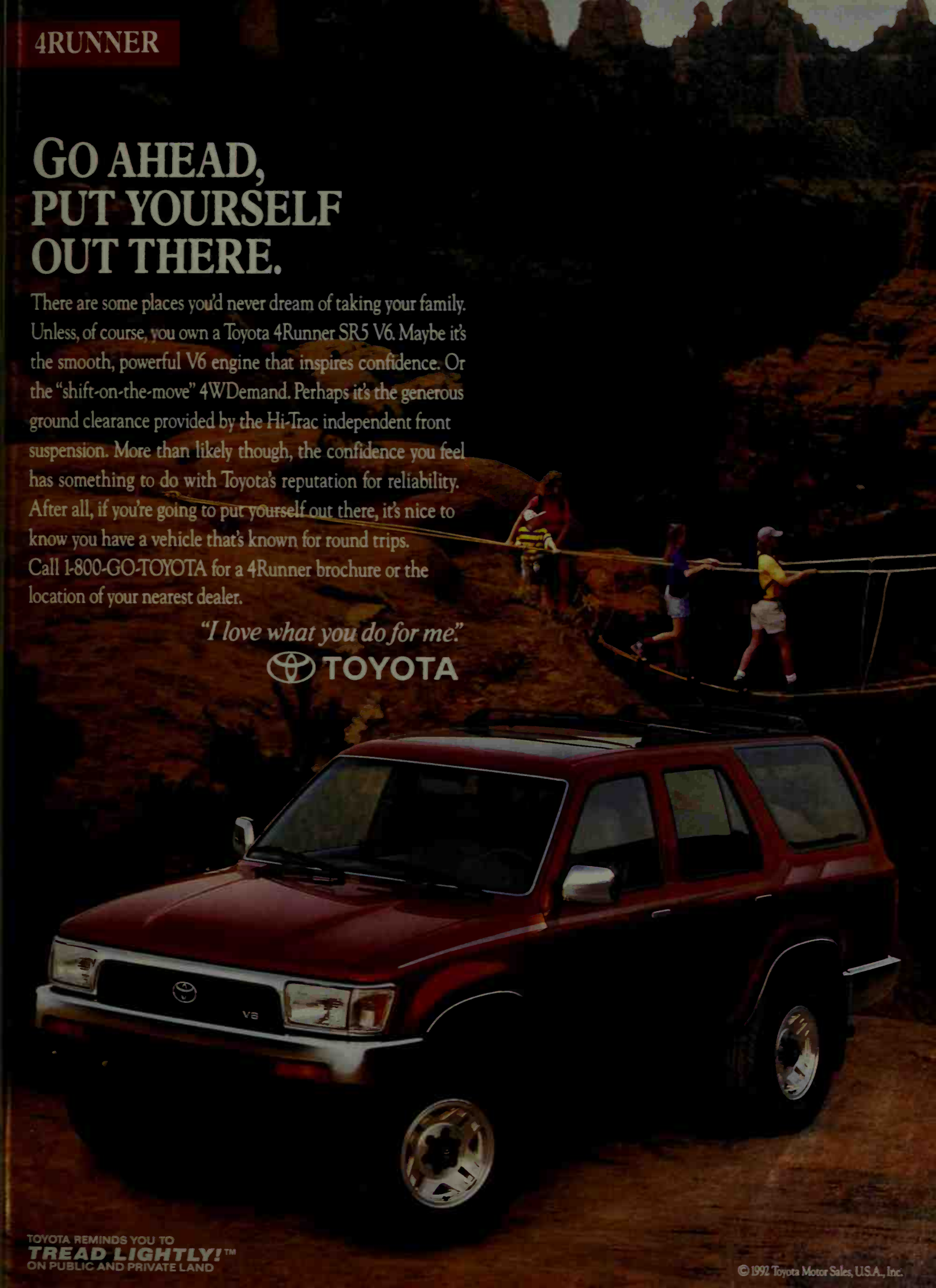
☐ **PROTECT TREES. H, L:** Cover trunks of young trees with tree wrap to protect them from sunscald and frost cracks. Begin near soil line and work your way up.

☐ **SOW HARDY ANNUALS. L:** For spring bloom, start seeds of bachelor's button, clarkia, forget-me-not, and linaria.

☐ **STAKE TREES. H, L:** Trees grow better unstaked, but rubbery trunks may need some support. To find the height to place ties, move your hand up the trunk till the treetop straightens. Tie the tree to stakes with wire or rope covered by rubber hose or tubing. Check ties periodically to make sure they aren't girdling the tree. Remove ties when tree can support itself.

☐ **STORE CROPS. H, L:** Onions and shallots need cool, dry storage in slotted crates or mesh bags. Leave 2-inch stems on winter squash and pumpkins; store at 50° to 60°.

☐ **WATER. L:** Be sure to water new plantings and seedbeds to keep them moist if rains are late or infrequent.—*E. L.* ■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NORMAN A. PLATE

GIANT ALLIUMS *(left) grow in a bed with baby's breath and salvia. At top, fragrant A. neapolitanum 'Grandiflorum' pops up through parrot's beak. Golden garlic blooms brighten a rock garden.*

Alliums—the onion's showy cousins

Plant bulbs now for flowers next summer

WITH BIZARRE BLOOMS ranging from fuzzy pink drumsticks to golden star bursts, ornamental onions (*Allium*) can make interesting, sometimes even dramatic, additions to garden beds.

This large group of flowering bulbs, related to edible onions, includes dozens of species. Here we give a selection of kinds, from large to small, that are handsome garden plants and widely adapted. Fall is the time to plant.

Flower height and shape are diverse. Some flower stalks grow to more than 4 feet tall while others reach only 8 inches. Most have low-growing, strappy leaves.

The flowers appear in late spring or early summer and range from purple globe-shaped blooms to loose clusters of blue, pink, yellow, or white flowers. Most are long-lasting when cut.

CHOOSE A SITE THAT SHOWS OFF FLOWERS

The varying heights of ornamental onions make site selection important. All prefer full sun and well-drained soil with ample moisture during the growing season. Group them in masses of 10 or more; don't use them singly.

Tall alliums look best interspersed with low- to medium-height ground covers and perennials. To set off the flowers, keep surrounding plants no more than 1½ to 2 feet tall. Good companions are white-flowered or gray plants.

A. 'Globemaster' grows to 4 feet tall with 10-inch round purple heads.

Giant allium (*A. giganteum*) grows to 5 feet with 5-inch-wide purple heads.

Medium-size alliums can be interspersed in garden beds or allowed to poke up through low-growing plants.

A. aflatunense 'Purple Sensation' grows 2 to 3 feet tall with 4-inch round purple flower heads.

Blue allium (*A. caeruleum*) grows 1 to 2 feet tall with 2-inch-wide blue flowers in round, dense clusters.

Drumsticks (*A. sphaerocephalum*) grow to 2½ feet with 2-inch oval reddish purple heads. Flowers dry well.

Star of Persia (*A. christophii*) grows 1½ to 2½ feet tall with 6- to 12-inch round lavender heads.

Short alliums look best when scattered through rock gardens or grouped in masses.

A. neapolitanum grows a foot tall with white flowers in 3-inch-wide open clusters.

Golden garlic (*A. moly*) grows 12 inches tall with bright yellow flowers in 2- to 3-inch-wide open clusters.

Turkestan allium (*A. karataviense*) has wide, flat leaves 2 to 5 inches across with 4-inch round purplish to beige heads on 8-inch stalks.

WHERE TO GET BULBS

Catalogs are free unless noted below.

McClure & Zimmerman, Box 368, Friesland, Wis. 53935; (414) 326-4220.

Smith & Hawken, 25 Corte Madera Ave., Mill Valley, Calif. 94941; (415) 383-2000.

White Flower Farm, Litchfield, Conn. 06759; (203) 496-9600. Catalog $5. ■

By Lauren Bonar Swezey

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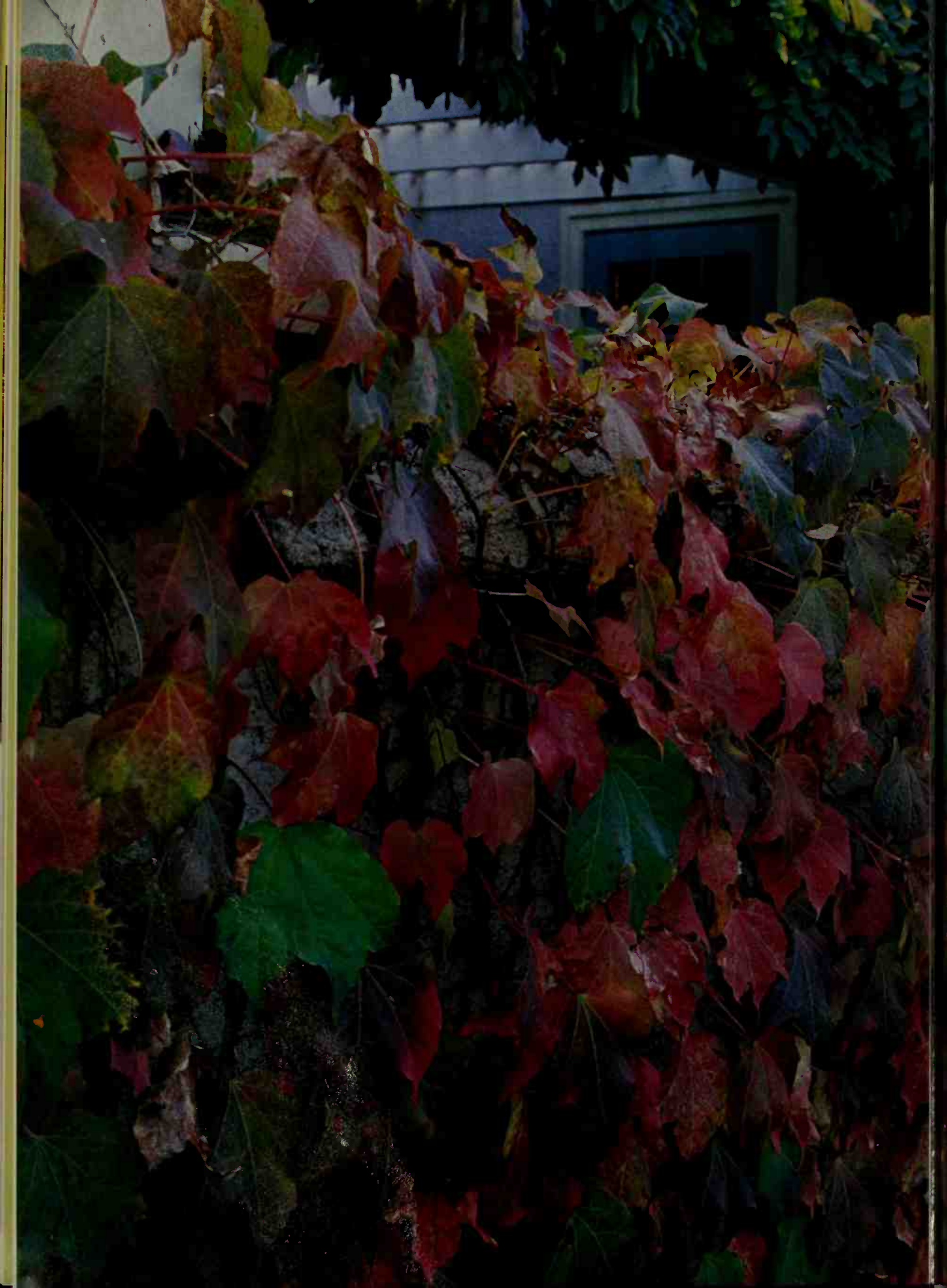

Blazing vines and fiery shrubs

FINAL BLAZE OF GLORY

Large leaves of Boston ivy turn from green to bright pink or orange before dropping. Vine clings to patio wall with tendrils.

RENEE LYNN

FALL IS SHOW TIME FOR DECIDUOUS PERFORMERS

In a brilliant burst of color, many deciduous shrubs and vines put on their best display of the season this month. The show is worth the wait: their leaves turn fiery red, glowing orange, or vibrant yellow, transforming the garden into blazing patches of color.

Northwest and mountain gardeners may already be familiar with many of the plants that produce dramatic fall color—sumac, winged euonymus, and witch hazel are garden standards, especially where cold winters limit the use of many kinds of evergreen shrubs. In contrast, gardeners in milder climates often fail to take advantage of what these deciduous plants have to offer because there *are* so many useful evergreen ones. But when interspersed in garden beds against a backdrop of rich, green foliage, the shrubs and

vines shown here produce an autumn display that adds a new dimension to the garden. Many of these plants also form beautiful flowers and berries, and they reveal an interesting branch structure after their leaves drop. Fall is the best time to select and plant these vines and shrubs.

FACTORS THAT MAKE OR BREAK THE COLOR SHOW

The plants listed in the chart on page 62 are all known to color well in the fall, but a number of factors can affect the show. The primary ones are genetics, climate, and cultural conditions.

Many of these shrubs and vines are propagated from cuttings or by other asexual methods and inherit the colorful characteristics of the parent. If you select a named hybrid like 'Crimson Queen' Japanese maple, you can depend on the plant to color up consistently, assuming other factors are favorable.

But some plants, especially those started from seed, can be variable. For instance, oakleaf hydrangea can turn an intense crimson or a disappointing yellow-brown. If you're not buying a hybrid or cultivated variety, try to select plants while they are changing color, so you know what you are getting. Keep in mind that growing conditions in the nursery may not always produce optimal coloring.

Even if a shrub or vine is known to produce outstanding fall color, the annual display depends on weather (see "Why do leaves turn color?" at left) and cultural conditions. If nighttime temperatures stay warm through fall, leaves may turn yellow, but the show of purples and reds is inhibited. This effect is most typical of mild coastal climates.

Other weather-related effects that can inhibit or shorten the show are diseases, an early killing frost, heavy rains, overly wet soil, strong winds, and stress due to drought (although mild stress can enhance the show).

WHY DO LEAVES TURN COLOR?

As the days shorten in fall and nighttime temperatures get nippy, why do green leaves suddenly turn intense shades of yellow, orange, scarlet, and purple? The color change is a natural part of the leaf's aging process.

A leaf is green because it contains chlorophyll, a pigment involved in plant nutrition. When deciduous plants approach winter dormancy, they stop manufacturing chlorophyll, and the green disappears.

Pigments previously masked by green begin to show. Carotenoid pigments (including yellow to orange xanthophylls) turn leaves of plants like lindera and summersweet bright yellow. Blue to red anthocyanin pigments produce the bright scarlets and purples in viburnum and winged euonymus. These pigments show up best when warm, sunny days are followed by cool nights. A combination of pigments produces the yellows, oranges, and reds typical of disanthus and parrotia.

MICHAEL THOMPSON

FLAMING LEAVES *of this witch hazel (Hamamelis vernalis 'Sandra') virtually glow in the garden.*

DAZZLING YELLOW *fall color of summersweet comes soon after sweet-scented flowers. Old flower spikes hang while leaves are changing.*

HOW TO MAKE THE MOST OF FALL COLOR

Using the chart, choose a plant for its color and for a size that fits your landscape. (Zones are from the *Sunset Western Garden Book.*)

Many of the shrubs and vines listed here grow large (some of the taller shrubs can eventually be trained into small trees), so give them plenty of room to grow. Tall shrubs can be used as background plants and intermingled with evergreen shrubs that are suited to your region. Other shrubs, such as sumac and Persian parrotia, can be used singly because of their interesting form in all seasons.

Although many of the plants in the chart tolerate some shade, you'll get the best color when they're plant-

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—Robert Urich

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WINGED EUONYMUS *colors reliably in climates with sudden cold snaps.*

MICHAEL THOMPSON

DEEP PURPLE *foliage is typical of Corylopsis sinensis willmottiae.*

ed in full sun or at least about 4 hours of midday sun (except enkianthus, which prefers part shade).

Choose a site with well-drained soil; soggy soil inhibits its coloration. In mild climates, plant in cold pockets in the garden, where cold air drains. Soil preference varies. Summersweet, winter hazel, disanthus, enkianthus, fothergilla, witch hazel, lindera, and blueberry need acid soil (like that preferred by rhododendron). Others are more widely adapted.

WHERE TO GET PLANTS

If local nurseries don't carry the plant you want, order it from one of these sources.

Forestfarm, 990 Tetherow Rd., Williams, Ore. 97544; (503) 846-7269. Catalog $3.

Gossler Farms Nursery, 1200 Weaver Rd., Springfield, Ore. 97478; (503) 746-3922. Catalog $2.

Heronswood Nursery, 7530 288th St. N.E., Kingston, Wash. 98346; (206) 297-4172. Catalog $3. ■

By Lauren Bonar Swezey

19 FALL-COLORFUL SHRUBS AND VINES

Plant	Fall foliage color	Characteristics
Amur maple (*Acer ginnala*) Zones 1-9, 14-16	Brilliant red	'Compacta', 'Flame', and 'Red Rhapsody' give brightest color; 6 to 20 feet
Japanese maple (*A. palmatum*) Zones 1-10, 14-24	Golden or crimson	'Crimson Queen', 'Dissectum', 'Ever Red', and 'Ornatum' are shrubby; 5 to 7 feet
Barberry (*Berberis thunbergii*) All zones	Brilliant red	'Atropurpurea', 'Crimson Pygmy', and 'Rose Glow' give best color; height varies
Summersweet (*Clethra alnifolia*) Zones 2-6, 14-17	Bright yellow (may be less intense in zones 14-17)	Fragrant white blooms on branch tips in late summer; 10 feet
Winter hazel (*Corylopsis*) Zones 4-7, 15-17	Normally yellow; *C. sinensis willmottiae* turns purple	Fragrant yellow flowers before leaves appear in spring; 8 to 10 feet
Disanthus (*D. cercidifolius*) Zones 2-6; possibly 7-9, 14-21	Intense orange, red, and purple	Small, spidery, deep maroon flowers in fall; 8 to 15 feet
Enkianthus (*E. campanulatus*) Zones 2-9, 14-21	Brilliant yellow to red	Bell-shaped flowers; plant with acid-loving plants; to 10 feet or more
Winged euonymus, burning bush (*E. alata*) Zones 1-9, 14-16	Glowing rose red	Bright orange-red fruit; 7 to 10 feet ('Compacta' grows 4 to 6 feet)
Fothergilla (*F. gardenii, F. major*) Zones 3-9, 14-17	Yellow to scarlet	Fragrant white brushlike flowers; 2 to 10 feet
Witch hazel (*Hamamelis*) Zones vary by species	Yellow to orange and scarlet	Plants with red flowers produce darker fall colors; 10 to 15 feet
Oakleaf hydrangea (*H. quercifolia*) Zones 1-22	Crimson, purple, or bronze	Creamy white conical-shaped flowers in open clusters; 6 feet
Lindera (*L. obtusiloba, L. benzoin*) Zones 2-9, 14-17, possibly 18-21	Butter yellow	Yellow flowers in spring; to 20 feet
Persian parrotia (*P. persica*) Zones 4-6, 15-17	Yellow, orange, and scarlet	Red flowers; attractive flaking bark; to 15 feet or more (taller in Northwest)
Boston ivy, Virginia creeper (*Parthenocissus*) All zones	Orange to scarlet	Clinging tendrils are difficult to remove from wood; rampant vine to 20 feet or more
Sumac (*Rhus glabra, R. typhina*) Zones 1-10, 14-17	Brilliant scarlet to rich red	Big divided leaves give tropical effect; fruit is decorative; 10 to 15 feet or more
Spiraea (*S. bumalda*) Zones 1-11, 14-21	Coppery orange, red, or burgundy	Try 'Froebelii,' 'Goldflame', or 'Goldmound,'; 2 to 3 feet
Blueberry (*Vaccinium corymbosum*) Zones 2-9, 14-17 (best in 4-6)	Scarlet or yellow	Plant two for pollination; needs well-drained, acid soil; 5 to 6 feet or more
Viburnum Zones vary by species	Rich purplish red or bright red	Showy flowers; *V. opulus* and *V. trilobum* have showy fruit; aphids can be problem; height varies
Grape, gloryvine (*Vitis vinifera* 'Purpurea', *V. coignetiae*) Zones 4-21	Bright yellow, orange, red, and purple	Fruit is small, mostly ornamental; vigorous vines 10 to 50 feet

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RUSS A. WIDSTRAND

CALIFORNIA FUCHSIA *(left) is backed by swordlike Elymus condensatus; dudleya is at right.*

Native plants hit the stage—in pots

Here's how to grow them

CALIFORNIA NATIVE plants are too often relegated to the sidelines, even though their richness and diversity rival those of the common exotics we're accustomed to seeing on doorsteps and patios. But native plants, with their fascinating colors, forms, and scents, are easy to appreciate when shown off in containers.

Here, we offer gardening techniques for growing natives in containers and describe kinds that perform well in pots. Our recommendations reflect the advice of two native plant specialists: Bart O'Brien of Rancho Santa Ana Botanic Garden in Claremont, California; and Carol Bornstein of the Santa Barbara Botanic Garden.

SELECTING A CONTAINER

Most native plants in containers need good drainage, so choose a pot with a hole.

"The thicker the container, the better. Thick walls help insulate the roots from temperature extremes," says O'Brien. He recommends pots made of clay or concrete—these porous materials allow free passage of air and moisture. While this promotes healthy roots, it also allows soil to dry out quickly, so containers require frequent irrigation.

As an alternative to thick, heavy containers, you can double up lighter pots. Place one inside a slightly larger one; fill the area between the pots with damp peat moss or bark mulch.

Container size will depend on the type of plants you are growing. Succulents thrive in small containers, but perennials should be planted in pots no smaller than 12 inches in diameter. Shrubby plants and plant combinations perform best in containers at least 18 inches in diameter. Containers should provide ample room for roots; the larger the container, the greater the root development.

POTTING SOIL MIX

A fast-draining, lightweight potting mix is usually best with native plants. Bornstein suggests mixing in some compost and a controlled-release fertilizer before you plant.

PLANTING

Slide the plant out of the nursery container. Check to see if it's rootbound; if roots form a solid mass, score them with a sharp knife and gently spread them apart.

Cover the planting container's drainage hole with screen to prevent soil loss. Partially fill the container with moistened potting mix, and set the plant so its crown is about 3 inches below the rim. Fill in with moist soil, but don't bury the crown.

To help retain moisture, cover the soil surface with a layer of shredded bark or composted leaves.

MAINTENANCE

In the ground, many native plants are extremely drought

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NATIVES FOR CONTAINERS, LOW TO TALL

Low-growers, to 1 foot

Beach aster (Erigeron glaucus). Perennial with blue-green leaves, lavender daisylike flowers.

California fuchsia (Zauschneria californica). Types like 'Everett's Choice' and 'Select Mattole' cascade with scarlet trumpet flowers.

Dudleya. Succulents with rosettes of cylindrical or flat leaves, green to chalk white. Sensitive to overwatering.

Manzanita (Arctostaphylos). Ground cover types like *A. edmundsii parvifolia, A.* 'Emerald Carpet', and *A. uva-ursi* have branching structure, showy bark, and white to pink blossoms.

Monardella macrantha. Cascading form with dark green leaves, scarlet flowers. Needs good drainage.

Red fescue (Festuca rubra). Showy varieties of grass with 4- to 8-inch steel blue or blue-green blades.

Saffron buckwheat (Eriogonum crocatum). Perennial with woolly white leaves, clusters of sulfur yellow flowers.

Wallflower (Erysimum concinnum). Short-lived perennial with fragrant cream blossoms.

Slightly taller, to 3 feet

Alum root (Heuchera). Perennial with basal leaves, clusters of tiny bell-shaped white to magenta flowers on erect stems.

Common yarrow (Achillea millefolium). Perennial with green or gray-green fernlike leaves, clusters of white to reddish pink blooms on long stems.

Coyote mint (Monardella villosa). Bushy perennial with aromatic gray-green leaves, purplish blossoms.

Elymus condensatus 'Canyon Prince'. Grass with broad blue-gray leaves, bold form.

Red buckwheat (Eriogonum grande rubescens). Perennial with gray-green oval leaves on spreading branches, clusters of rosy red flowers.

Rush (Juncus patens). Arching fountains of slender dark green stems.

Sandhill sage (Artemisia pycnocephala). Shrubby perennial with soft silvery white or gray leaves.

Tallest, 3 feet or more

Cleveland sage (Salvia clevelandii). Aromatic shrub with gray-green leaves, lavender flowers.

Mohave yucca (Y. schidigera). Succulent with spiky, 2- to 3-foot leaves.

Monkey flower (Mimulus). Perennials and subshrubs with yellow, orange, or red flowers along stems.

Santa Cruz Island buckwheat (Eriogonum arborescens). Shrub with shredding gray to reddish bark, long narrow gray-green leaves, and clusters of pink to cream flowers.

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tolerant. But in containers, where roots are restricted, most require regular water (exceptions are dudleya, rush, and yucca, which can survive periodic dry soil). Generally, let the soil dry out just slightly between waterings. But some plants, such as golden and cardinal monkey flowers (*Mimulus*), perform best with constant soil moisture.

Water so all of the soil is moistened and excess water runs out the drainage hole.

Fertilize plants infrequently. Bornstein top-dresses containers with controlled-release fertilizer every three to nine months.

To maintain a neat, compact appearance, many flowering perennials and shrubs should be cut back and shaped when their flowers fade. Most benefit from a light pruning of about a third of the length of flowering stems; this prompts the best bloom later. Some plants, including California fuchsia, require a hard heading back to look their best.

CHOOSING PLANTS

Virtually all native plants can be grown in containers, but bulbs, grasses, succulents, perennials, and subshrubs are best suited to this method. The roots of these smaller plants adapt most readily to the constraints of containers. See chart at left for suggestions.

Planting can take two approaches: a single plant per container, or a planting that combines natives of various forms, colors, and textures.

For a simple combination, try mixing species of dudleya like the broad green-gray of *D. brittonii* with the tapered bright green or gray of *D. farinosa*.

When mixing several types, consider plant height. Place low or cascading plants like California fuchsia at the container's edge, slightly taller ones just inside, and tallest plants in the center. ■

By Lynn Ocone

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NORTHERN CALIFORNIA

BERKELEY

November activities at UC Botanical Garden, Centennial Dr.

NOVEMBER 7: plant disease clinic held the first Saturday of each month. Bring samples from ailing plants for diagnosis and advice. Hours: 9 to noon. Free.

NOVEMBER 29 AND 30: workshop on making holiday decorations using dried plant materials, with emphasis on native plants. Hours: 1 to 4 Sunday, 9 to noon Monday. Fee: $30. Preregistration is required; call (510) 642-3343 for details.

CHICO

NOVEMBER 14 AND 15

Flower show by Chico Horticultural Society. Place: North Valley Plaza Mall. Hours: 10 to 6 Saturday, 11 to 6 Sunday. Free.

CONCORD

OCTOBER 31, NOVEMBER 1

Orchid show and sale by Orchid Society of California. Place: Sheraton Hotel, 45 John Glenn Dr. Sale hours: 10 to 5 both days. Show hours: 1 to 5 Saturday, 10 to 5 Sunday. Free.

OAKLAND

November events at Lakeside Park Garden Center, 666 Bellevue Ave.

NOVEMBER 1: fuchsia show and sale by Southlanders Branch of American Fuchsia Society. Hours: 11 to 4. Free.

NOVEMBER 22: exhibit of ikebana floral arrangements and demonstration of techniques by the East Bay Ikenobo Ikebana Society. Hours: 10 to 4. Free.

PALO ALTO

OCTOBER 29, NOVEMBER 5, 12, 19, DECEMBER 10

Five-session class on making flower arrangements for the holidays. Place: Gamble Garden Center, 1431 Waverley St. Hours: 10 to noon. Fee: $61, $55 for members. Call (415) 329-1356.

PALO ALTO

November classes by Ecology Action/Mid-Peninsula. Fee: $7 per class. Place: Common Ground Organic Garden Supply, 2225 El Camino Real. Preregistration is required; telephone (415) 328-6752.

NOVEMBER 7: garden planning class.

NOVEMBER 14: worm composting class.

SAN FRANCISCO

November events at Strybing Arboretum and Botanical Gardens, Golden Gate Park, Ninth Ave. and Lincoln Way. Preregistration is required; call (415) 661-1316.

NOVEMBER 7: Children's Harvest Festival. Fee: $6.50 for children ($5 for members), free for adults. Hours: 10:30 to 12:30.

NOVEMBER 21: workshop on making dried wreaths for the holidays. Fee: $35, $25 for members. Hours: 10 to 1.

SAN MATEO

NOVEMBER 6

Holiday flower arranging show and fashion show by the Garden Study Club of the Peninsula. Place: San Mateo Elks Lodge, 229 W. 20th Ave. Hours: 11:30 to 3:30. Fee: $25.

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Santa Cruz
November 14 and 15

Dried flower and succulent sale. Place: UC Santa Cruz Arboretum, Horticulture Building, High St. between east and west entrances to campus. Hours: 10 to 3.

Santa Rosa
November 6, 7, and 8

African violet show and sale. Place: Doubletree Hotel, 3555 Round Barn Blvd. Show hours: 2 to 5 and 9 to 11 P.M. Saturday, 9 to noon Sunday. Sale hours: 9 to noon, 1:30 to 5:30, and 7 to 9 P.M. Friday; 9 to noon, 1:30 to 5, and 9 to 11 P.M. Saturday; 9 to noon Sunday. Admission is free.

Walnut Creek
November 6

Class on materials and techniques used in preparing potpourri. Place: Heather Farm Garden Center, 1540 Marchbanks Dr. Hours: 9:30 to 11. Fee: $10. Preregistration is required; for more information, telephone (510) 947-1678.

■ COLORADO

Denver
November 14 and 15

Show and sale by Gloxinia Gesneriad Growers of the Rocky Mountain African Violet Council. Place: Denver Botanic Gardens, 1005 York St. Hours: 1 to 4:30 Saturday, 10 to 4 Sunday. Admission: $3, $1.50 seniors. ■

By Colleen Huston

To have your organization's garden event considered for publication, send complete details (including daytime phone number) four months in advance to Garden Events, *Sunset Magazine*, 80 Willow Rd., Menlo Park, Calif. 94025. We'll list events as space permits.

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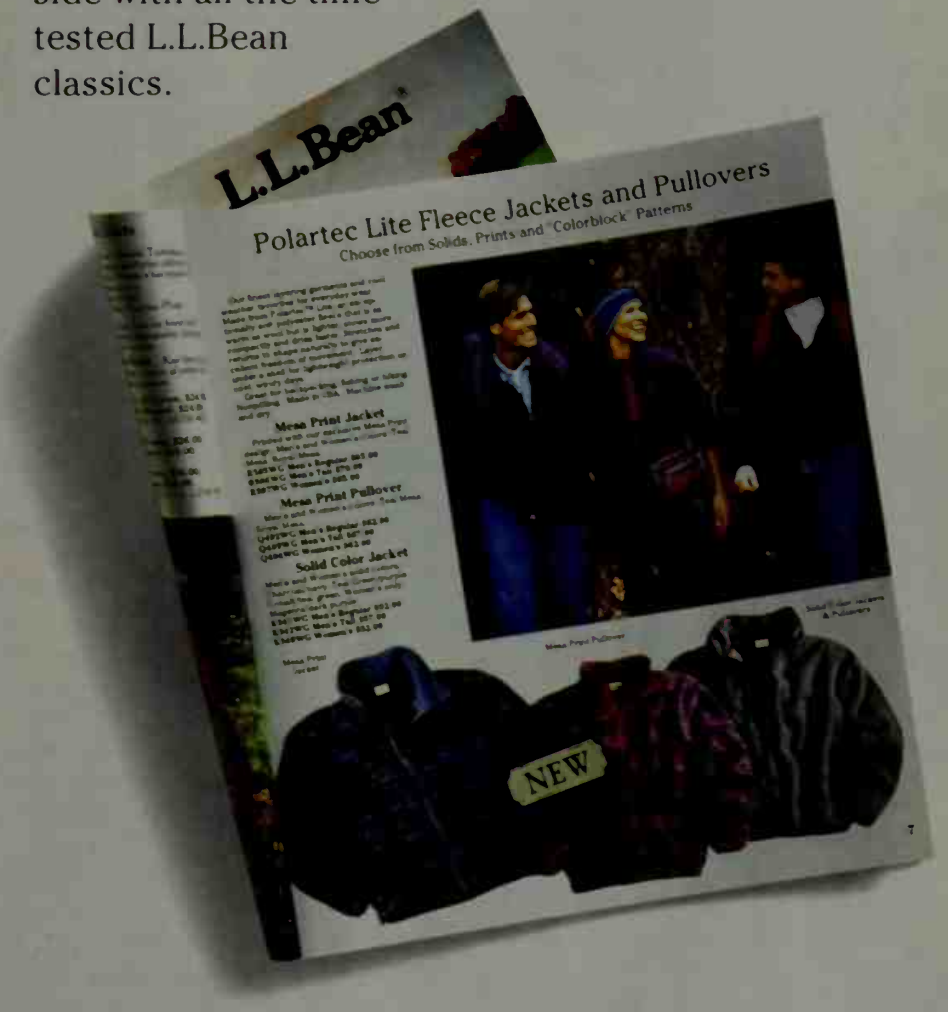

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Hang up a harvest wreath

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CHAD SLATTERY

MINIATURE POMEGRANATES *and dried corn accent leaf base dominated by oak and eucalyptus (above). Design: Jacob Maarse. Blue-green eucalyptus contrasts with orange nandina fruits and rose hips, spiked chartreuse liquidambar fruits, and brown seed heads (below). Design: Lynn Ocone.*

HARVEST WREATHS MADE FROM FALL'S RICHLY colored foliage, fruits, and seed pods are easy to make yet enduring in their beauty. Unlike dried flower wreaths that require planning and preparation, these go together easily and quickly with materials mostly from the garden. In just a few hours of collecting and arranging, you can have an elegant wall or door decoration to welcome Thanksgiving guests.

The three wreaths shown here illustrate some of the plentiful decorative material in gardens this season. They combine a good amount of foliage with colorful accents like rose hips, toyon berries, and liquidambar fruits. If your garden's short on berries, fruits, and seed pods, you can buy dried baby corn, lady apples, pomegranates, or miniature pumpkins at the grocery store to use as accents.

To make a basic 12-inch wreath, you'll need a foam plastic base (available at craft and floral supply stores for about $3), plant material (enough to fill two large grocery bags), hairpins to secure plants to the wreath base, and a piece of flexible wire to attach to the foam for hanging the wreath (see photos below). Use tacky glue to attach stemless dried items, like the pomegranates in bottom left photo, to your finished wreath. Use floral picks with attached wire to hold stems of fresh fruit (see photo below right); the pointed end slides into the wreath base.

To start, attach the wire hanger to the wreath base. Next, generously cover the base with foliage; secure large individual leaves like magnolias first, then add wispy-stemmed prunings like leptospermum, or clusters of thin-stemmed leaves and berries. Work in one direction around the base from the inside of the wreath outward, or from the outside in. For a loose, informal look, mix textures, forms, and colors. When the wreath is covered, use more hairpins, glue, or floral picks to add color accents. Use heavier objects like the miniature pumpkins and fresh fruit sparingly as focal points. Let the glue set before hanging the wreath.

As the wreath ages, fresh leaves, berries, and rose hips will change form and color. Seed pods may open as they dry, and some plants may become brittle. Although the wreath will last for several months, if you're decorating for a special event or for gift giving, make it just a day or two before its debut to ensure it looks its best. ■

By Lynn Ocone

START WITH THE BASE, ADD LEAVES, FINISH

SLIDE *wire through base, leaving loop on top for hanger; twist and cut ends.*

PIERCE *magnolia leaves with hairpins to secure them to foam base.*

WITH ACCENTS

WIRE *on floral pick wraps around apple stem. Pick's blunt end pierces citrus.*

FRESH-CUT *leaves and fruits will dry in place. Design: Françoise Kirkman*

NORMAN A. PLATE

Jim directs a small (and rather tight-lipped) security operation. He has six people (we've been told) who patrol an undisclosed number of square miles somewhere in the continental United States.

Despite all the secrecy, one thing Jim will talk about is his patrol car—a stock Saturn SL1. It runs pretty much 'round the clock, six days a week. And driving conditions are hard—constant stop-and-go traffic through all kinds of weather.

The Saturn SL1

Why do Saturn cars last? Because of things like a stainless steel exhaust system, dent-resistant bodyside panels, and a straightforward approach to maintenance.

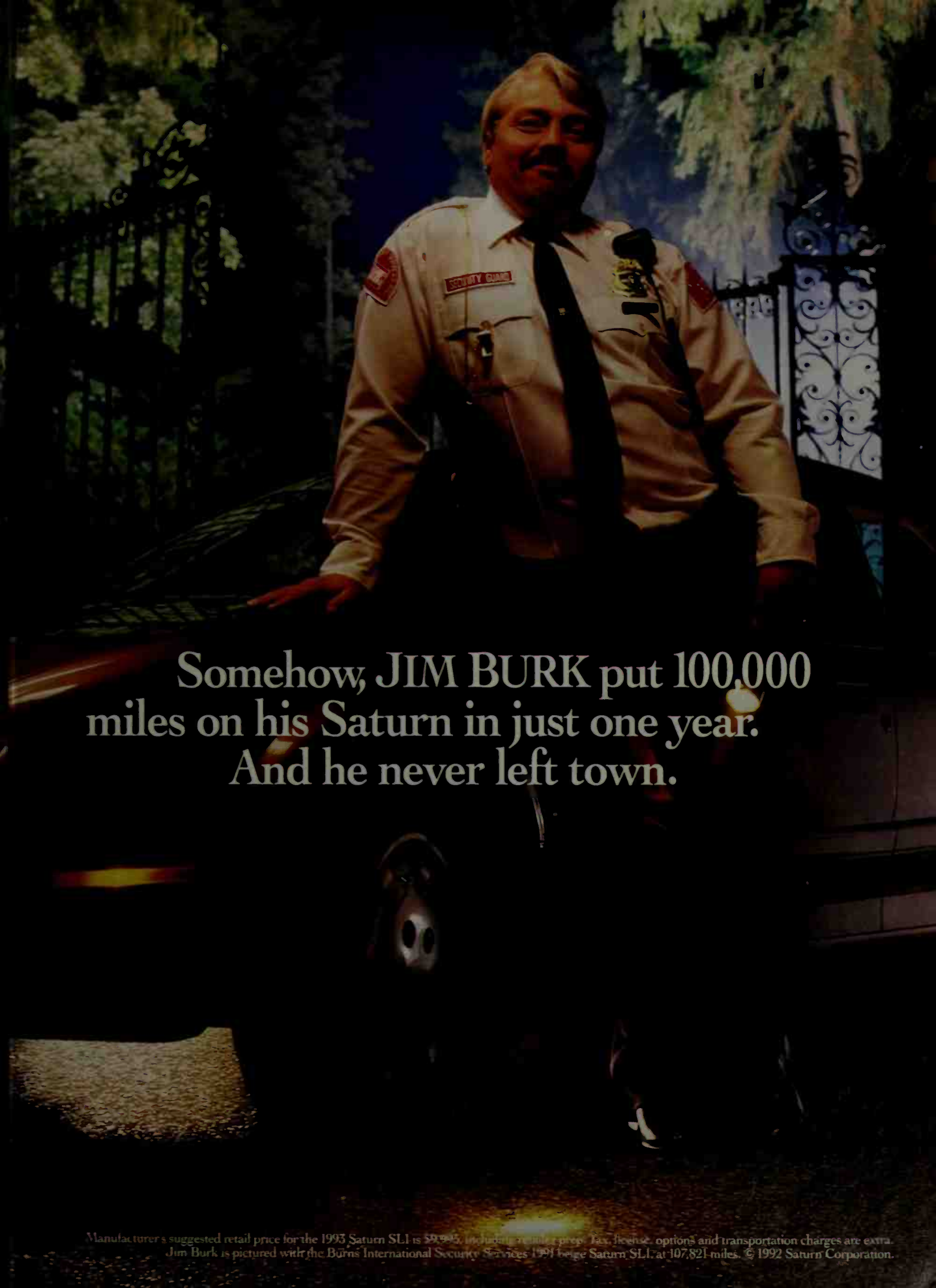
Happily, at one year and over 100,000 miles, Jim and his team still enjoy driving their SL1. They say it looks, handles and rides the same as the day they got it. And (surely against their professional instincts) they tell anyone who asks—their word of mouth has sold six Saturns already.

SATURN.

All this struck the funny bone of some of our test engineers. It seems that Jim has done his "real life" mileage not far from one of our proving grounds. Where we've put over a million miles on the very same model.

A DIFFERENT KIND *of* COMPANY. A DIFFERENT KIND *of* CAR.

To know more about Saturn, and our new sedans, coupes and wagons, please call us at 1-800-522-5000.



Somehow, JIM BURK put 100,000 miles on his Saturn in just one year. And he never left town.

Manufacturer's suggested retail price for the 1993 Saturn SL1 is $9,995, including [illegible] prep. Tax, license, options and transportation charges are extra. Jim Burk is pictured with the Burns International Security Services 1991 beige Saturn SL1, at 107,821 miles. © 1992 Saturn Corporation.

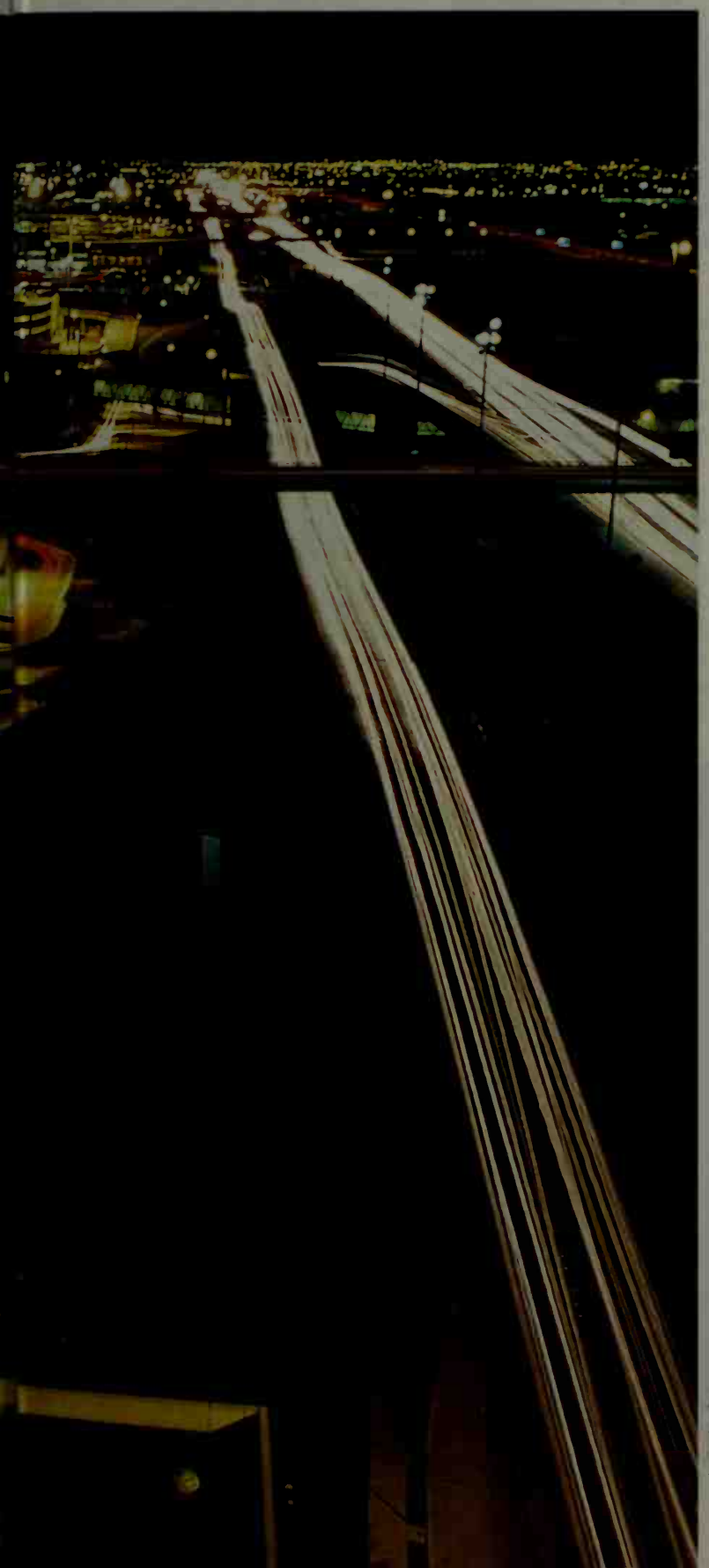
Sunset NOVEMBER 1992

Fasten your seat

Western airports are flying into

belt!
the 21st century

By Lora J. Finnegan



JOE TOWERS

SAN FRANCISCO PUBLIC LIBRARY

AIR TERMINALS *like San Francisco's in the 1930s (above) looked more like hotels inside and out. Today's airports, like Dallas–Fort Worth International (left), resemble cities unto themselves.*

Once upon a time, airports had sex appeal. Recall Hollywood's most romantic farewell: Bogie and Bergman on the tarmac in *Casablanca*—their eyes said more than a kiss could.

These days, many of us would just as soon kiss airports good-bye, if we could.

Too many big airports resemble angry hives, where travelers scurry like anonymous ants through endless lines and down dimly lit tunnels lined by ubiquitous snack bars serving rubbery, overpriced food.

That scenario may be changing. The good news, notably in the West, is that some planners have recently taken the lead in a movement to redesign airports to serve peo-

ple—not just planes. The best airports are taking steps to provide more streamlined check-in procedures, better food, brighter lighting, and more attractive landscaping, as well as fine art and entertainment.

Here, then, is a report on Western airports, past, present, and future; a guide to coping with—even enjoying—the West's busiest airports; and strategies for avoiding airport terminal trauma. The most frenetic air-travel times—Thanksgiving and Christmas—are upon us, so fasten your seat belt and prepare to spend some quality "dwell time" at the airport.

Dwell time, in the parlance of airport operators, is time spent in the terminal. On an average domestic trip, we now spend 76 minutes in airports; if you subtract check-in and such, we spend 59 minutes just hanging around. And dwell time has been increasing by about 10 minutes per year for the past five years, according to Ira Weinstein, president of Airport Interviewing & Research (AIR), a market research firm.

Why? One factor is the airline routing concept called hubbing. Translated, it means you fly to a "hub" airport you don't want to go to, land with other people who also don't want to be there, and disembark into a seething swarm of passengers all trying to catch connecting flights.

Another factor: more travelers are crowding outdated facilities. The number of passengers boarding planes at our nation's airports rose from about 300 million in 1980 to 462 million in 1990, according to the Federal Aviation Administration (FAA). And the crowds are probably going to get worse. The FAA forecasts an annual increase of 4.7 percent in passenger volume until the year 2000, when an estimated 738 million passengers will be flying our skies.

To gear up for this traffic explosion, and to update technology, airports have been expanding and remodeling at a furious pace, and more work is planned. Denver is building a brand-new airport, which is scheduled to open in fall 1993. And the best of today's airports are responding to the changing demands of an increasingly sophisticated traveling public.

From humble airfields to humongous hubs

In the 1920s, when pioneer aviator Charles Lindbergh touched down at Mills and Lindbergh fields in San Francisco and San Diego, respectively, most airports amounted to a hangar or two. By the late 1930s, many airfields had sprouted small terminals, with interiors resembling hotel lobbies. After World War II, when the crowds and planes got bigger, so did the terminals.

Until quite recently, airports were designed to accommodate planes; when it came to people, the airport's role was simply to get them from auto to airplane quickly. But with airline deregulation and the transformation of so-called origin/destination airports into hubs, more and more people had to hop from plane to plane, at terminals that weren't built to handle such massive internal transfers.

To modify origin/destination airports for service as hubs, architects redesigned big airports, detaching concourses from terminals to allow for transfers and to handle more planes. Still, such designs didn't serve people too well, since concourses were very long and often dimly lit, and had limited amenities. The result: passengers often arrived late, tired, hungry, and grouchy.

As an example, take Dallas–Fort Worth International, opened in the 1960s as an origin/destination airport. DFW's circular shape served it well then—travelers could park close to gate areas and walk in. Now it's the West's biggest hub, with thousands of passengers transferring. Many must walk long distances around or across three terminals, through narrow, overcrowded concourses, with insufficient or poorly located amenities. A people mover was added in an attempt to make the original design fit a new role.

More recently, design emphasis has shifted to accommodate the passenger. "The key words today are passenger convenience," says Ronald Steinert, a vice president of Gensler and Associates Architects in Santa Monica, California. "Airports are being laid out or redesigned in a more orderly fashion so the passenger is not confused. We're also seeing natural light and landscaping plants being brought in to make spaces more human. Use of warm-colored materials and natural stone help make them more beautiful, like the grand old railroad stations."

Increasingly, airports are embracing their role as gateways to cities—the first and perhaps only impression of a city some travelers may ever get. According to Phillip Jacobson, design director of TRA Architecture Engineering Planning Interiors in Seattle, "We seek out what is special about a place, then try to understand the local cultural and physical conditions and have these influence our designs. Western airport clients show the most interest in this type of design."

DON NORMARK

STAGE FOR ART: *painting by John Farnsworth is in Terminal 3 at Phoenix airport.*

STEWART COHEN

CONTROL TOWER *looms over tram at Dallas–Fort Worth.*

CHAD SLATTERY

PALMS FLY HIGH *in brightly redesigned Terminal 5 at LAX.*

PEAKED ROOF LINE *of Denver's new airport echoes snowcapped Rockies nearby.*

Designing airports for bigger jets, more people

What's ahead? We're likely to see more efficient people-moving systems, more high-tech devices to expedite baggage handling, and bigger airports with wider gates and taxiways to handle larger planes.

Tramlike people movers already whisk passengers around DFW and the Las Vegas and Seattle airports, and more are planned. At large airports, laser scanners that read bar codes on baggage tags are being used to sort up to 480 bags per minute. The scanners are aimed at reducing missed baggage connections and misrouting. (Of 408 million domestic passengers last year, only about 2.2 million reported baggage complaints. That's about 5.4 complaints per 1,000 passengers.)

Experts say future airport designs and renovations must allow for bigger jets already on the drawing boards—double-decker planes that will carry 600 to 1,000 passengers. Larger, more widely spaced gates will be needed to accommodate these monster planes, and taxiways will have to be widened so the planes won't impede and delay other aircraft heading for runways. One design solution is likely to involve a linear terminal with remote parallel linear concourses, separated by taxiways wide enough for the bigger-winged planes. Another solution: midfield satellite terminals or concourses, set out between runways, which passengers reach by subways or buses.

Two big Western airport projects are anticipating future needs. At San Francisco International, construction on a $2.2-billion, multilevel international terminal could begin in January. Plans include a people-mover system similar to a monorail, which would link all terminals, and a transit station (possibly to BART or CalTrain). Baggage may be transported on individual computer-directed carts powered by a magnetic levitation system. By its projected completion in 1996, the terminal is supposed to be capable of handling the largest passenger aircraft and as many as 8,000 passengers per hour.

In Denver, the future is nearer at hand. Denver International Airport (cost: $2.7 billion), scheduled to open next fall, boasts a state-of-the-art design that many say will represent airports of tomorrow. The main terminal will be huge—three blocks long—with six levels. To avoid curbside traffic snarls, ground traffic will be channeled to different levels according to function, with one level reserved for buses and shuttles. Just inside the main terminal, all travelers will pass through one main security check area, then board 40-mph subway trains to the concourses, each of them sited like an island out on the tarmac. The airport also aims to be a 24-hour art gallery, with $6.5 million set aside to purchase artworks.

You can see partial transformations at some airports today. Walk through Los Angeles International's redesigned Terminal 5 (Delta); it's a bit like strolling along a Southern California boulevard. The palm-lined concourse, paved in pastel marble, is brightened by a circular skylight. Gateside lounges, shops, and restaurants are tucked at various levels in the manner of sidewalk cafes. More expansions are proposed for Portland, San Jose, and Tucson. In San Diego, alternatives for the city's hemmed-in Lindbergh Field (pilots consider it one of the West's toughest places to land) include a proposal called TwinPorts, an international airport that would straddle the U.S.-Mexico border.

NORMAN A. PLATE

RUBY-BEAMED *laser scans bar code on baggage tag.*

But building airports to accommodate tomorrow's passengers may not always make sense to today's travelers. At Phoenix airport, thanks to the cavernous new Terminal 4, so many gates stand empty that some say the place resembles a ghost town. Art Kosatka, an official of the Airports Association Council International, is philosophical. "Such projects have to be funded and planned up to a decade ahead. One thing is certain: we have to build to meet the best technology, latest safety equipment, and tomorrow's biggest aircraft."

Who's going to pay for costly airport expansions? You will, in part, through a new Passenger Facility Charge. It's already being collected (as a $3 charge added to tickets) by four Western airports: Denver, Lake Tahoe, Las Vegas, and Portland. And at least 60 airports across the country have applied to the FAA to impose the charge.

Coping with, even enjoying, the West's 11 busiest airports

The West's 11 busiest airports each serve a staggering 11 million or more passengers a year. We list them according to their 1991 passenger volume, from frenetic megahub DFW to busy Lindbergh Field in San Diego. We haven't included smaller airports, not because we don't like them, but because most of us are more likely to travel through—and need the most help coping with—these 11.

Whether you're traveling for business or pleasure, our guide can help you reduce hassles and perk up your dwell time during a stopover. In compiling this guide, we found some pleasant surprises: fine restaurants with regional cuisine, attractive shops, impressive art galleries, playrooms where children can romp, and service centers where businesspeople can work. If you can, avoid flights at peak times and days (see listings).

DFW

Dallas–Fort Worth International

Like Texas itself, DFW is vast—with more runways (six), more acreage (18,000 acres), and more parking spaces (26,191) than any other Western airport. Long walks and boring connector halls are what people gripe about here. Allow lots of time to shuttle between the four terminals, or to the distant car rental area. Trams run between the terminals, departing at 10-minute intervals; check video monitors for latest gate listings to be sure of which car to take.

Serenity is hard to find here in the world's second-busiest airport (48.1 million passengers last year). Try heading over to the Hyatt Regency Hotel, between terminals 3E and 3W, to sit in its hushed lobby or enjoy its restaurants. The airport is about 13 miles northwest of downtown Dallas, 17 miles northeast of downtown Fort Worth; allow 30 minutes (50 minutes at rush hour).

Noon to 2, 6 to 9 P.M.; weekdays Texas Marketplace (Terminal 2W), Sullivan O'Shaughnessey's in the Hyatt Hotel Paradies Pugh in 2E, 3E, 2W; Yellow Rose of Texas in 2E Hyatt's Bauer/Southam Business Center (214/453-0208) has fax and copy services, conference room ($10 per hour), desktop publishing ($7.50 per page). Lockers are in all terminals. Dallas and Fort Worth downtowns are too far to visit on layovers; consider a visit to historic Grapevine, with its quaint downtown and antiques shops, only a 10-minute cab ride ($13).

ROOM WITH A VIEW: *At Los Angeles airport's Theme Room Restaurant, cuisine is rated—and served—high.*

CHAD SLATTERY

LAX

Los Angeles International

When it opened in 1961, LAX was built to handle about 7 million passengers a year. Now it's the third-busiest airport in the world, with 45.6 million fliers last year. Like an aging star, it has endured costly face-lifts—$310 million worth of renovation in the 1980s alone.

One international and eight domestic terminals sit in a sort of U shape, with parking lots and the flying saucer–like Theme Building in the center. For respite from the crowds, head for the observation deck in the Theme Building or the palm-lined oasis in Terminal 5. Airline Connections shuttle buses offer free rides between terminals. Parking lot crime is a problem (see page 81); lots B and C have the highest auto break-in rates.

Ground-traffic congestion near and at the airport is still a major complaint. A new phone line for transit information to LAX may help; call (800) 310-5465. Drivers nearing the airport can tune to AM radio channel 530 for a report on parking and traffic conditions. LAX is 20 miles southwest of downtown; allow ½ hour (1 hour in rush hour).

7 to 10 A.M., 4 to 9 P.M.; Thursdays and Fridays Theme Room Restaurant serves California cuisine. Planned show this month: antique toys representing transportation, in the Bradley Terminal departure level Generic gift shops Mutual of Omaha Business Service Centers (310/646-7934), in terminals 1, 4, and 7, have meeting rooms ($25 first hour), notary service, copy and fax machines, cash advance service. Nursery rooms in all terminals Lockers are past security checkpoints in all terminals; supervised storage is in the international terminal. Ride a cab to Marina del Rey ($15 to $17) or Redondo Beach Fisherman's Wharf ($20).

SFO

San Francisco International

With three terminals (North, International, South) and 80 gates, SFO tallied some 31.7 million passengers last year, making it the nation's fifth-busiest airport. SFO's horseshoe shape can mean a long walk for transferring passengers, and there's no people mover to speed things (an intraterminal bus outside on the second level sees few riders). But since SFO serves mainly as an origin/destination airport, not as a hub, only a small percentage of passengers have to transfer.

A $512-million remodel was completed in the late 1980s, and early next year SFO plans to kick off construction of a new international terminal. Meanwhile, its permanent art collection and its changing exhibits have set standards for other airports. SFO is off U.S. 101 about 14 miles south of downtown San Francisco; allow 40 minutes transit time.

7 to 10 A.M., 5 to 10 P.M.; Fridays, Sundays Bay View Restaurant (South Terminal), North Beach Deli (North) Outstanding changing exhibits (this month on hats and headgear) are along United's North Terminal connector beyond the security check. Images of Mexico, featuring masks and *huipils,* is on permanent display in the South Terminal connector. The most popular carry-on gift item—sourdough bread—sells for $3.25 a loaf at shops. California Marketplace, in the South Terminal, sells wines, smoked fish, crab to go. Author's Bookstore, in North Terminal, carries titles by writers from Jack London to John Steinbeck. The Business Service Center, in the South Terminal, has conference rooms ($25 first hour), telephone suites ($4 per half-hour); it can make copies, transmit faxes. Modest playroom-nursery on the mezzanine of the North Terminal Lockers are on all concourses past security checks; there's supervised storage (7 A.M. to 11 P.M.) between the South and International terminals. Taxi to Chinatown ($28) for a bite, or head to Ghirardelli Square.

Sending kids aloft

If you'll be flying with a child under age 2 or sending an older child unaccompanied on a flight, here are some things to remember:

Flying with infants. Children under age 2 may still fly free if held on a parent's lap.

A ruling issued by the Federal Aviation Administration, effective October 15, requires all airlines to allow the use of child-restraint systems (the kind of safety seats used in cars) on board for children under age 2.

To reserve a seat for an infant in its safety carrier, airlines require you to buy a ticket for the child. Before the ruling, some airlines would, if space permitted, allow parents who hadn't bought a ticket for their infant to use an open seat for the carrier free of charge. At press time, airline officials could not confirm if that practice would continue.

Unaccompanied children. If you're sending a child alone on a flight, arrive at the airport an extra 30 minutes early to fill out paperwork, including the name of the parent or guardian who'll pick up the child at trip's end.

Rules vary slightly between carriers, but in general for domestic flights, most airlines require that unaccompanied children be at least 5. Ages 5 through 7 must travel on a nonstop or through flight. Ages 8 through 11 may transfer (note that America West won't accept transfers of unaccompanied children from another airline).

During the airport transfer, some airlines will escort the child from gate to gate for no charge; others charge a fee.

If you're picking up a child who has flown unaccompanied, you must show photo identification before airline authorities will release the child to you.

DEN

Stapleton International, Denver

Stapleton, the nation's sixth-busiest airport, saw 28.3 million passengers last year. But during winter storms, Stapleton's traffic-handling capability drops from 88 flights per hour to 30, causing delays and missed connections. Technology at the new airport (opening in fall 1993, 13 miles northeast of Stapleton) aims to solve those problems.

Stapleton opened the first KidsPort, run by the Denver Children's Museum, with a climbing wall, interactive exhibits, and a room full of balls to dive into. The airport is about a 35-minute drive from downtown via Interstate 70.

10 to 11:30 A.M.; Wednesdays Signature Room, at entry to E Concourse Colorado West by C Concourse The Business Center rents computer time ($7.50 per half-hour), conference rooms ($25 per hour), and secretarial service ($5 per page), and has fax and copy machines. KidsPort, by C Concourse, is open 9 to 7 daily; admission costs $2 for ages 2 through 16, $1 adults. Lockers and supervised storage ($2 for 24 hours) are located in baggage claim. Take a 10-minute cab ride ($9) to Denver Zoo or Museum of Natural History, or a 15-minute ride to the State Capitol Building or the nearby Denver Mint (coin making) for free tours.

TEN-GALLON HATS *and smaller sizes are sold by Colorado West shop in Denver's Stapleton airport.*

HNL

Honolulu International

Despite hosting 22.3 million passengers per year, this airport has an uncrowded, breezy feel, with lots of open-air walkways and a tropical garden off the lobby of the main terminal. The main terminal has plenty of shops, familiar fast-food outlets, Hawaii products for sale, and a full-service bank open weekdays. For leis, your best bet—for price and variety—are the dozen lei stands by the rental car return. By spring 1993, the new interisland terminal should be open.

For the typical Honolulu-stopover flight, a long layover is fairly common. Spend it at the new Pacific Aerospace Museum on the second level of the main terminal. Or consider checking your bags and heading into town for shopping or sightseeing (see suggestions below). The airport is 4 miles west of downtown; allow 20 minutes (45 minutes during rush hour).

International crush comes 6 to 11 A.M. daily, domestic 11 to 1. Lots of chain restaurants Hawaiian art sales gallery is on second level, near gate 12. Business center (808/831-3600), in central lobby of the main terminal, offers secretarial services, fax machines, conference rooms ($40 per hour). Kids can romp in the lush but noisy garden off the main lobby. Lockers and supervised storage are on the ground level of the parking structure near the main overseas terminal. The city's 19 Waikiki bus runs from the airport to the Dole Pineapple Cannery, the Ala Moana Shopping Center, and Waikiki. Since the ride to Waikiki can take up to an hour, a rental car is a faster option (shop for best rates). Recently, we drove to Waikiki, bought a few gifts, jumped in the ocean for a quick swim, and made it back to the airport in time to return the car, take a shower ($7.50) at The Airport Mini-Hotel (rooms cost $17.50 for 2 hours), and board our plane.

THESE PALMS DON'T SWAY *(they're made of metal alloy), but in Las Vegas's McCarran they give a nod to the desert region.*

PHX

Sky Harbor International, Phoenix

Sky Harbor's $280-million Terminal 4 opened in November 1990—a seven-story structure with parking garage included, five concourses, and some $2 million worth of art. Air traffic hasn't met projections—of 90 gates, 14 stand idle. Old Terminal 1 was bulldozed, and half-empty Terminal 2 may soon be closed. Still, the airport saw 22.1 million passengers last year, and Terminal 4 has eased congestion.

Inside the new terminal, earth-tone colors and Native American motifs let you know you're in the Southwest. Throughout the airport, shopping and dining options get high marks; look for regional foods and crafts like Navajo rugs, pottery, and jewelry. The airport is 3½ miles from downtown Phoenix; allow a 10-minute drive.

7 to 10 A.M., 5 to 9 P.M.; Thursdays, Fridays, Sundays Oaxaca serves Mexican food in Terminal 4. Art galleries in terminals 3 and 4 Porter's of Scottsdale in Terminal 3; Wild Wild Best and Bloomie's Express (of Bloomingdale's) in Terminal 4 Fax and copy machines are in the passenger service centers of each terminal. Lockers are on all concourses. Take a 5-minute cab ride ($9 to $12) to the Phoenix Zoo or Pueblo Grande Museum.

LAS

Las Vegas McCarran International

McCarran shouts Las Vegas—if the metallic palm trees and neon signs don't tip you off, the jangling slot machines will. Recorded voices of celebrities like Debbie Reynolds imitating Eva Gabor coax you to "keep to the right, *dahling*" as you ride along moving walkways through concourses.

With more than 20 million passengers yearly, McCarran is now the 16th-busiest in the nation, but the FAA predicts it will jump to 11th by 2005. Dozens of shops in a mini-mall setting do help pass the time. For some peace and quiet, try the glass alcoves on the second floor, overlooking street and mountains beyond. For parking advice, tune to AM radio channel 530. The airport is about a mile east of The Strip; allow 10 minutes for the drive.

10 to 2; Mondays, Thursdays, Fridays, Sundays La Esplanade, a stylish deli-bar at the junction of A and B concourses, offers a good view of Spring Range Mountains. Changing exhibits in gallery at south end of baggage claim Ethel M Chocolates, Tark's (sports stuff), El Portal (luggage) Lockers are on the second level; supervised storage is on the first level. Take a cab ($7.50 to $10) to the casino strip, or take a 15-minute ride to the Ethel M chocolate factory for a free tour.

Peak time for airport crime

No agency monitors crime statistics at all airports. Airport security may be handled by local, state, or county law enforcement agents, the airport's own forces, or even rent-a-cops. But one thing is certain: no big airport is untouched by crime.

Security officials we polled indicated crimes are on the rise. Since such crimes thrive amid crowds and distractions, they're generally more prevalent during peak travel periods like Thanksgiving and Christmas holidays.

Auto thefts and break-ins are on the rise nearly everywhere. Los Angeles International (LAX) ranked first in the West with 674 auto thefts or break-ins in 1991.

At Honolulu International, thefts reached an annual high of 563 in 1991, according to Lieutenant Edward Akiona of the Honolulu Police Department. He pointed out one contributing factor here—the design of the airport baggage carts, which are built to be pulled behind the traveler, so the victim isn't looking when bags or purses slip off or get swiped. Gangs of pickpockets have also swept through Honolulu and other airports.

Distraction is the usual technique used by thieves, who often work in pairs. A typical scenario: while one thief distracts the victim by spilling food on him or her, the pickpocket lifts his or her wallet. Other crimes have involved luggage stolen by people posing as skycaps and rip-offs by drivers posing as cabbies.

How can travelers avoid becoming crime victims?

The wisest advice: never leave your bags unattended, hand your bags only to uniformed skycaps, be alert to distractions, keep wallets in an inside pocket or use a handbag with secure closure, and use only officially designated cabs and shuttles.

Each airline determines whether it provides attendants for "positive bag match"—matching claim checks to bag tags—at the claim area.

NORMAN A. PLATE

TAKING A BREAK *from sniffing for bombs and drugs, black lab and airport police officer show a school group around the San Francisco airport.*

IAH

Houston Intercontinental

You can get your exercise running between gates in this sprawling airport's three main terminals—A, B, and C—and the newer Mickey Leland International Airlines Building, called Leland IAB. The airport's linear layout means that unfortunates who must transfer the farthest—the 1½ miles from Terminal A to the end of Leland IAB—have to ride a subway the entire length of the airport and its midterminal hotel. The good news is that the interterminal train is fast (6 minutes for the whole trip). Each terminal has its own parking area.

One feature of the Leland IAB terminal may be a harbinger of future airport design—it's the country's first totally "common use" terminal, with airlines sharing equipment, counters, and gates. The system allows airlines to add or subtract facilities quickly as needs require. With some 18.1 million passengers last year, airport traffic is growing. The airport is 22 miles northeast of downtown Houston; allow 45 minutes' driving time.

7 to 8 A.M., 2 to 4, 6:30 to 8:30 P.M.; daily Fresh Seafood Bar in IAB; CK's Rooftop or Garden Cafe in the Marriott, between terminals B and C Lighted modern sculptures between Terminal C and IAB are best seen at night. The Western Shop in Leland IAB Fax machines are in all terminals. The Marriott (713/443-2310) has fax and copy machines, and conference rooms (prices vary). Nursery room in each terminal with rocking chairs, toys Lockers are on the baggage-claim level. The Galleria shopping area and city arboretum are within a 45-minute drive; one-way cab fare runs about $31.

SEA

Seattle-Tacoma International (Sea-Tac)

Sophisticated, yet uncomplicated and user-friendly—much like Seattle itself—that's how Sea-Tac is often described. Its main terminal is linked to two satellite terminals with an underground people mover. Inside, shops offer a range of Northwest products.

One gripe—finding parking—is addressed by an enlarged parking garage. This fall, remodeled concourses B, C, and D will reopen with a Northwest look, new art. Last year, Sea-Tac saw some 16.3 million passengers. The airport is about 13 miles south of downtown Seattle; allow 30 minutes (60 minutes during rush hour).

11:30 to 1:30 P.M.; Thursdays The Carvery (meats, Northwest seafood) Exhibit by Pilchuk Glass School (mezzanine); Wing Luke Museum exhibit (main terminal plaza); permanent collection featuring Louise Nevelson sculpture, Robert Rauschenberg mural (terminal esplanade) Starbucks coffee kiosks, Northwest Shop, Benjamin's books Business Center, in main terminal, has fax and copy machines. Nursery-playroom, outside B concourse, has toys. Lockers are in all concourses; supervised storage is at Ken's Baggage and Frozen Food storage on the baggage-claim level. Take a 30-minute cab ride (fare $20 to $25) to Pike Place Market, Pioneer Square, or Seattle Art Museum.

Tips for nipping airport hassles

For hassle-free fast travel through the airport, experts give these tips:

- When booking, plan for the worst. Have your travel agent list a couple of alternative routes should you miss a flight or if a destination is affected by weather.
- Get a seat assignment and boarding pass in advance, and check in at the gate up to an hour but absolutely no later than 10 minutes prior to flight departure.
- When booking a connecting flight that involves changing carriers, ask your travel agent to check where in the arriving airport each airline arrives and departs from—if it's a long stretch between the two, you may want to request a longer time cushion between flights.
- When possible, fly on Saturday afternoons or Sunday mornings—the lightest travel times at most airports. Friday afternoons are busiest, so flights are often delayed.
- Put your identification tags on luggage prior to check-in. If you have to check luggage, do it at curbside (tipping $1 per bag)—but alert handler if your flight is leaving soon.
- Reconfirm your flight ahead. Call the airline before you go to the airport to check for cancellations, delays.
- If your flight is canceled while you're at the airport, don't stand in line to rebook with everyone else—instead, call in (use a nearby pay phone) and you may get faster service.
- If a flight is delayed more than 4 hours (and it's the airline's fault), ask for a voucher to cover the cost of a meal; if it's later than 10 P.M., request a hotel voucher (not guaranteed—airline policies vary—but it doesn't hurt to ask).
- The U.S. Department of Transportation's consumer affairs office can tell you about an airline's on-time performance and lost-baggage frequency, and record a complaint. Call (202) 366-2220. To order a copy of the 32-page booklet *Fly-Rights* covering air travelers' rights, send $1 to Consumer Information Center, Department 156T, Pueblo, Colo. 81009.
- The nonprofit Aviation Consumer Action Project offers a 23-page booklet called *Facts and Advice for Airline Passengers* ($3) and will also register an airline complaint. Write to Box 19029, Washington, D.C. 20036.

SLC

Salt Lake City International

Born as a small airfield in the 1920s, SLC is now a major Western hub serving 12.4 million passengers a year. Terminal 1 was built in the 1960s, remodeled in 1981; Terminal 2 was enlarged and remodeled in 1984. An efficient airport, it consistently scores high in on-time departures and arrivals. Travelers like that it still seems like a small airport—parking is handy, concourses aren't monstrous—but amenities are limited. The airport is 5 miles west of downtown, a 10-minute drive via Interstate 80.

11 to 1; weekdays The Terrace in Terminal 1 Utah scenic photography beside all moving walkways New Utah products shop in Terminal 2 between concourses C and D; ski rental shops in bag-claim areas (November to April only) Fax machines are in Terminal 1 (Concourse B) and Terminal 2 (concourses C and D). Nurseries are off lobbies of both terminals. Lockers are in all four concourses, ski lockers in bag-claim area. Temple Square and Symphony Hall are 10 minutes by cab ($11), or take a 20-minute ride ($13) to shops at Trolley Square. Golfers can take a 5-minute cab ride to 18-hole Wingpointe Golf Course (801/575-2345) on airport property; playing 9 holes ($12 greens fees and equipment) takes about 2 hours.

SAN

San Diego International (Lindbergh Field)

Lucky Lindy himself dedicated his namesake airfield, on a mud flat at the north end of San Diego Bay, back in 1928. Who knew then that the city would grow to engulf the airport, or that high-rises would reach dangerously close to the flight path of thundering jets? To clear nearby bluffs and structures, planes must make steep approaches, and despite recent adjustments, they still must land 1,800 feet down the runway.

Considering this airport's passenger load (11.4 million last year), facilities are modest in its two small terminals. There's no major public art, no business center, just basic food and newsstand services. As part of a noise-abatement program, departing planes are grounded between 11:30 P.M. and 6:30 A.M., so mornings are busy as the overnighters take off. The airport is about 2 miles northwest of downtown; allow 20 minutes for the drive.

6:30 to 9 A.M.; weekdays Take a short cab ride to restaurants at Harbor Island hotels. Nursery-changing station is in the East Terminal. It's about a 15-minute cab ride ($10 to $13) to Sea World or to Balboa Park, with its museums as well as the San Diego Zoo. ■

AIRBORNE SCULPTURE *by Bruce Beasley hangs in North Terminal at San Francisco airport.*

SAYING ALOHA *with flowers is a tradition at Honolulu airport, where lei stands offer good variety and prices.*

NORMAN A. PLATE

Billboard Buildings

L.A.'s car-tuned architecture is making an eye-catching comeback

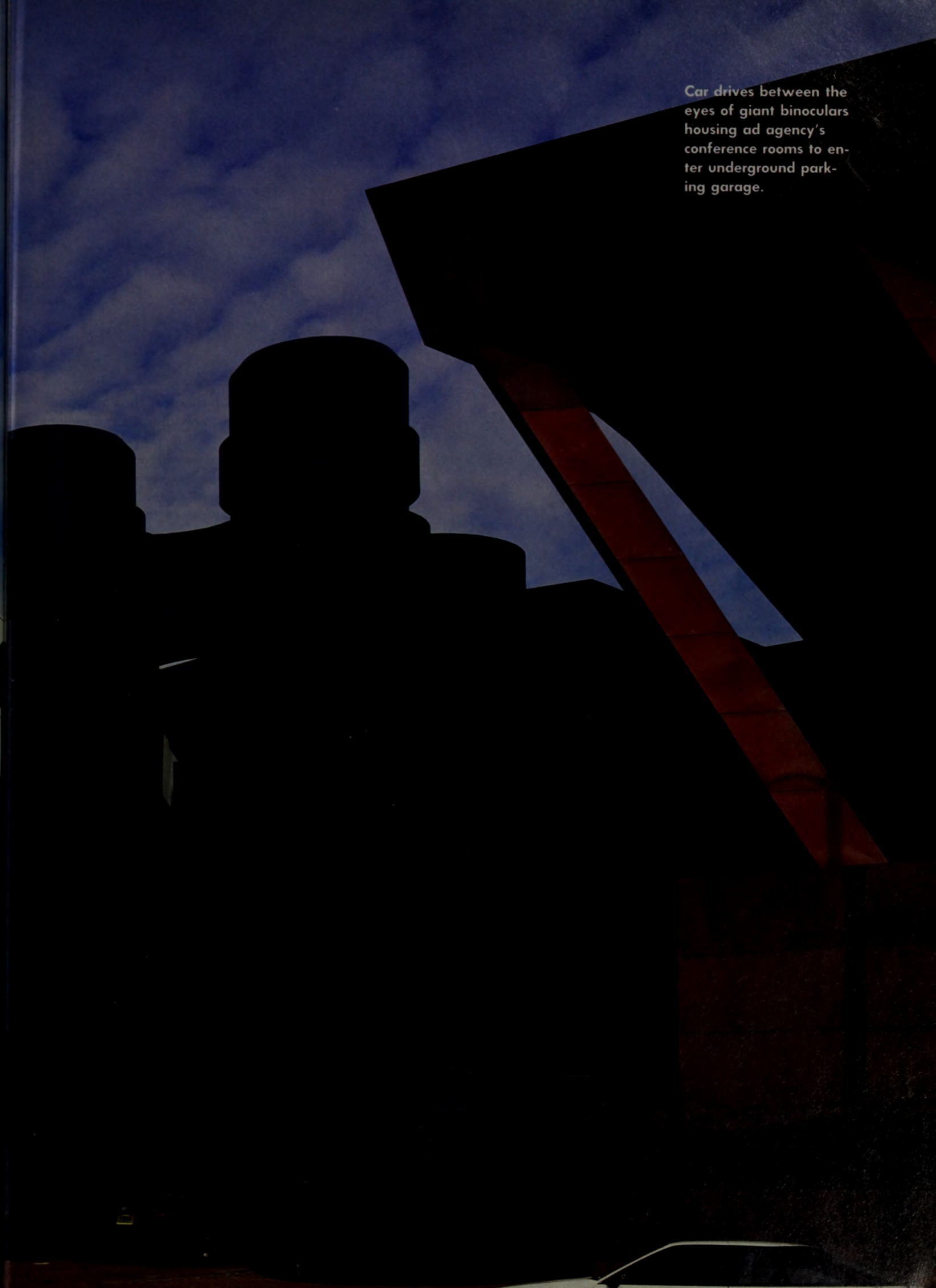
By Daniel P. Gregory

Hold onto your hat, Mr. de Mille, but yes, there is a little magic left in movieland. The Pacific Brim's largest brown derby may have departed for the great haberdashery in the sky, but the idea that buildings can steal the show by assuming the shapes of other things is alive and well and living in Los Angeles.

For proof, head to Main Street in Venice, where a pair of blockbuster binoculars frames the entrance to advertising agency Chiat/Day/Mojo's new headquarters. Coming upon the perlite-coated concrete instrument swelling four stories above the sidewalk might make you think you've stumbled onto the set of *Invasion of the Colossal Bird-watchers.*

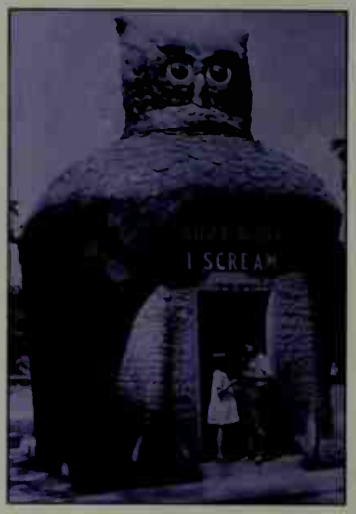
A last-minute inspiration, the binoculars were a collaboration between architect Frank Gehry and sculptors Claes Oldenburg and Coosje van Bruggen. Originally, the design for the office building looked like two separate structures. But one day, as Gehry and his client Jay Chiat were reviewing the scale model, Chiat said he thought something was missing, especially in the middle. Gehry grabbed a nearby model of a binocular sculpture created by Oldenburg and van Bruggen for Venice, Italy, stood it up at the center of the façade, and said, "Well, do you want something like this?" Chiat said, "I like

ALEX VERTIKOFF



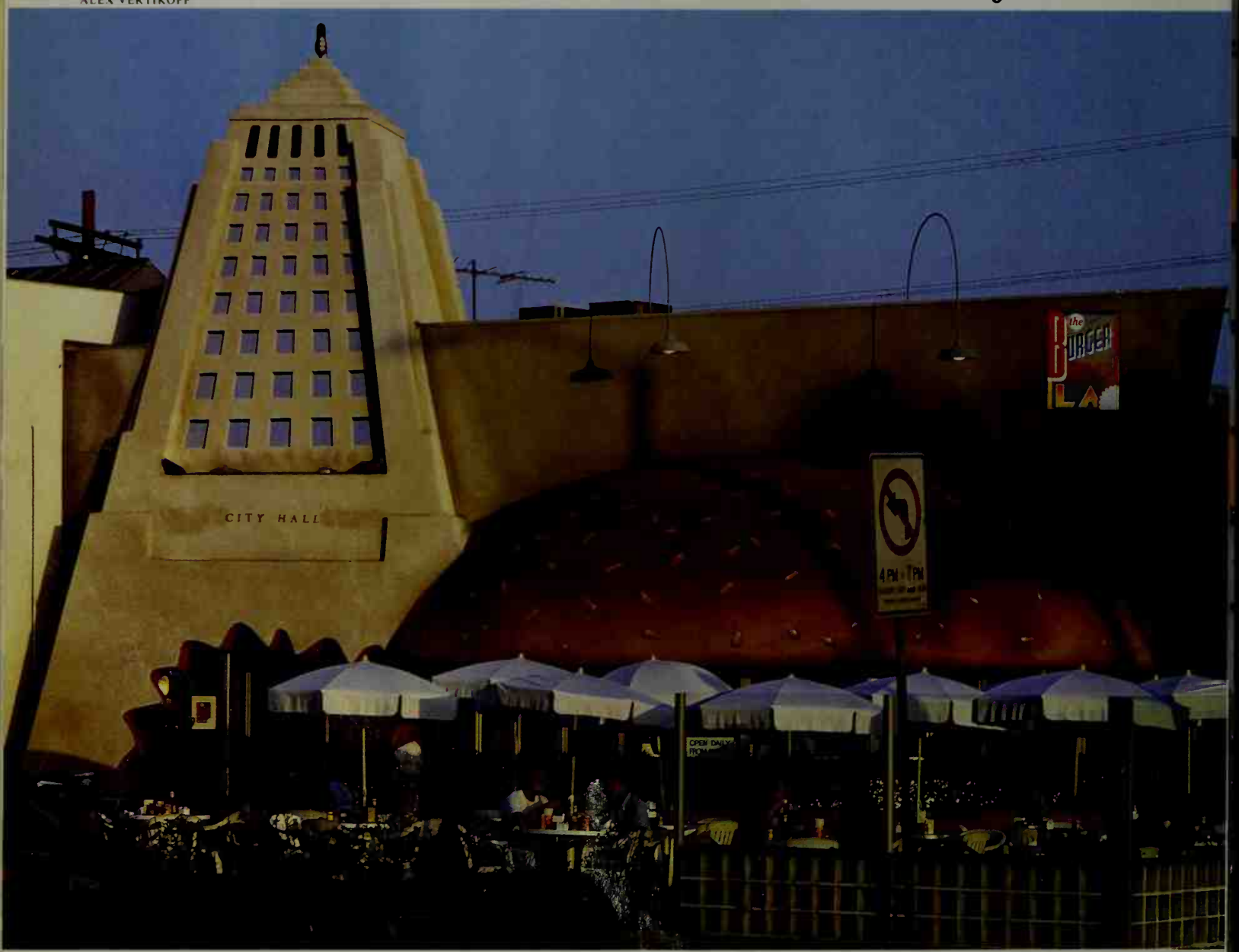
Car drives between the eyes of giant binoculars housing ad agency's conference rooms to enter underground parking garage.

JIM HEIMANN COLLECTION



Early roadside businesses that assumed storybook shapes of fantastic proportions have mostly vanished from the L.A. streetscape. A contemporary heir to the tradition, The Burger That Ate LA, takes on a more menacing form.

ALEX VERTIKOFF



it!" And—alacazam!—there it stands.

This example of architectural surprise packaging is part of a venerable Southern California tradition. Indeed, once upon a time, during the early decades of this century, Los Angeles resembled a vast prop-closet for *Honey, I Blew Up the Kid.* Stuffed animals lay everywhere, including a two-story owl full of ice cream and an equally tall puppy stuffed with chili. Zeppelins and locomotives and igloos seemed to dominate every street corner. It was a cartoon landscape where you expected the flowers to sing in silly symphonies and Porky Pig to lean out a window and stammer, "That's All, Folks!"

The business of all this oversize show business was to grab your attention as you drove past, to make you want to park your car and partake of whatever the structure was selling. It was architectural advertising for the age of automobiles and film in a city fascinated with both.

These early examples were created not by well-known architects and artists but by anonymous designers or the owners themselves. Today, the packaging techniques are more sophisticated and self-conscious. Chiat/Day/Mojo's giant binoculars, for example, were selected for their sculptural form, not to advertise binoculars. Yet the desire to attract attention through the use of vivid imagery remains the same.

Two other contemporary buildings-in-costume are worth your double take. At 7624 Melrose Avenue, between La Brea and Fairfax avenues, stands The Burger That Ate LA, a restaurant in the role of an immense sesame seed–covered bun munching away at City Hall. It was designed the way movie sets are—by a team including an art director, an illustrator, and a set designer. The meticulously crafted hamburger resembles a balding version of the Cookie Monster, giving new meaning to "Sesame Street."

Perhaps the ultimate cartoon building is at the corner of Buena Vista Street and Alameda Avenue in Burbank, where you can see the Seven Dwarfs as giants. They're once again playing supporting roles, but this time they've been employed by the classically inspired architect Michael Graves to act as Greek telamones—columns in the shape of male figures. They vividly demonstrate that the building, which houses the corporate offices of the Walt Disney Company, is the true citadel of the Magic Kingdom. ■

Bashful, Dopey, and the clan lift the Walt Disney Company to new heights, dwarfing office worker below.

The Sierra's troubled trees

Controversies over logging in the Sierra Nevada promise to make front-page news in 1993

By Jeff Phillips

The late-afternoon light cast smoky shadows along the flanks of Black Mountain last June as longtime Sierra Nevada activist David Brower walked among stumps in a grove of giant sequoias logged several years before. Stripped of their understory of pine and fir, the ancient monarchs stood alone above the scarred slope, their massive red trunks appearing more architectural than arboreal. A few thin "reforestation" seedlings cupped in small depressions were the only signs of green.

Surveying the hillside from a sugar pine stump, Brower shook his head. "The Forest Service is dead wrong when they argue that this kind of logging will help giant sequoias to regenerate. You can't hope to preserve sequoias—or the Sierra—by just saving individual species or places and disregarding the rest." Brower ran his fingers thoughtfully over saw marks on the stump. "The way to protect the Sierra as a bioregion and sequoias as a species is not to isolate the places you want to preserve, but to isolate those that you are willing to destroy. I think that would be a very short list."

The need for just such an overarching approach was a theme sounded repeatedly at an environmental conference convened last August to map out a plan for tackling the Sierra's problems (see next page). Since our 27-page report on the range came out last May, concerns over the range's environmental woes—particularly those resulting from logging—have intensified. Several dramatic developments over the past six months promise to make the range a major environmental story in 1993.

A reprieve for big old trees?

Forest issues began to heat up right after our May article with the release of a study on the California spotted owl. The report, by Forest Service biologist Jared Verner and his research team, recommended sweeping changes in logging practices throughout the Sierra.

The study found that the owl favors the mixed conifer habitat that dominates Sierra national forests and represents the range's primary source of timber. Like the northern spotted owl, the California owl nests in very large trees, with a marked preference for old growth. As we reported last May, a survey by the Sierran Biodiversity Institute indicates that less than 10 percent of the range's old growth outside of protected national parks and wilderness areas remains uncut.

While the owl report stops short of advocating a ban on logging in all remaining old-growth forests, it does call for protection of the remaining large trees in the Sierra. Specifically, it recommends a ban on cutting trees 30 inches or greater in diameter throughout the forests. Other recommendations include establishing 300-acre habitat areas around owl nesting sites where logging would be prohibited, and limiting logging in old stands to retain 40 percent of the canopy.

For an institution that has traditionally promoted clear-cutting, or at least cutting of the largest trees, these recommendations represent a radical change of direction. In fact, the report explicitly proposes "a different forest paradigm. Rather than striving to produce a fully regulated forest, we believe that foresters should strive to manage forests so as to maintain the processes that characterize natural forest ecosystems."

These are only recommendations, however. At our deadline, the Forest Service was working on an interim owl-protection plan, which is expected to be in place by late fall. Federal and state agencies have embarked on a two-year review of the report and the social and economic costs of implementing its recommendations.

While concerns over the California spotted owl may eventually yield new Sierra forest practices, prospects for legislation to protect the last stands of Sierra ancient forest have dimmed since last May. By fall, California congressman George Miller's bill to create a system of old-growth forest reserves in which logging would be prohibited had stalled in the House Interior Committee.

Salvage logging stirs waters at Tahoe

Though the issue of old-growth preservation still tops the agendas of many environmental groups, a different logging issue shaping up in the Lake Tahoe Basin may become the next Sierra-wide timber battle.

Six years of drought are taking a toll on Sierra forests, as trees weakened from lack of water are being killed by insects. The Forest Service now estimates that at least 25 percent of

JEFF PHILLIPS

"The Forest Service is dead wrong when they argue that this kind of logging will help giant sequoias."
—David Brower, on Black Mountain

the trees in the Lake Tahoe Basin are dead or dying. "Wildfire danger in the basin is already as high as we've seen it in the last decade, but it's not as bad as it will be in the next decade as these dead trees fall down and add to the fuel load," says John Swanson, a Forest Service fire and timber officer.

In an ostensible effort to reduce the danger, the Forest Service cleared concentrations of dead and dying trees from portions of more than 3,000 acres of the basin's forest last summer—yielding nearly 7 million board feet of timber. The practice, known as salvage logging, has sparked considerable controversy.

"Salvage logging is not designed to reduce fire danger," claims Laurel Ames, executive director of the League to Save Lake Tahoe. "It is designed to get the timber out, keep the mills going, and get tax revenues to the politically connected counties." Despite Forest Service assurances to the contrary, Ames worries that the logging will increase erosion, and add to the development-caused sediment already clouding the lake's legendary clear waters.

Forest Service regional spokesperson Matt Mathes states that an increasing number of county officials elsewhere in the Sierra "have been urging us to remove as many dead trees as possible as quickly as possible. Within environmental and wildlife guidelines, we're trying to remove these trees before they lose their value." Last September, President Bush reduced the environmental documentation required for salvages of up to a million board feet in order to speed up the sale of dead or dying trees.

A proposed monument for monumental trees

Timber harvesting is still at issue even among the earth's largest living trees—the southern Sierra's giant sequoias. Last May, we reported a settlement negotiated between the Forest Service and several environmental and other user groups that prohibited further logging in giant sequoia groves. Still, Porterville elementary schoolteacher and grass-roots sequoia organizer Carla Cloer feels that Forest Service promises aren't enough.

"The first thing the Forest Service did after signing that agreement was to break it by logging in the McIntyre Grove," said Cloer, referring to what the Forest Service insists was the accidental removal of nine trees during logging adjacent to a giant sequoia grove. "I'm not convinced that anybody yet knows what effects our actions have on trees that were living 1,000 years before Christ. The only way to protect the few remaining groves that haven't been disturbed over the last hundred years is—at least for now—to leave them alone."

Although President Bush signed a proclamation last July that endorsed the language of the agreement, environmentalists want stronger safeguards. The same month, California congressman Mel Levine introduced a bill to permanently protect 365,000 acres of national forest lands as a new Giant Sequoia National Monument. The two-unit monument would include several outstanding sequoia groves both north and south of Sequoia and Kings Canyon national parks.

• • •

Climbing back through the pine and fir stumps to the dusty logging road we had followed to the grove of silent sequoias, David Brower pondered the Sierra's future. "For those of us who love the Sierra, saving it will take the same skills as traveling through it: boldness and judgment. We will need boldness to search out a vision of preservation as grand as the mountains, and we will need good judgment to get us there." ■

FORGING A SIERRA ALLIANCE

While forest issues were dominating Sierra news last August, representatives of more than 50 environmental groups, scientists, and a handful of concerned politicians and businesspeople gathered in Sacramento to discuss the status of the entire Sierra landscape. The goals of the Sierra Now conference were to assess scientifically the state of the Sierra and to create a visionary plan for its long-term health.

The diagnosis was no surprise: the Sierra is in trouble. But unlike recommendations from last year's state-sponsored Sierra Summit, which focused on increasing and coordinating research and programs, Sierra Now attendees demanded action.

More than 60 recommendations were made, ranging from establishing environmental carrying capacities to designating the Sierra as a biosphere reserve. One key proposal: create a Sierra Conservancy. Funded by bond revenues, the state agency would protect Sierra resources and finance restoration efforts.

Conference attendees also adopted a proposal to create a nonprofit Sierra Nevada alliance that would ensure implementation of recommendations from the Sierra Now conference. Along with shaping legislation, a top priority of the alliance will be to bring people from Sierra industry, agriculture, and government together with environmentalists to develop solutions to regional problems. (For information, write to Sierra Nevada Alliance, 909 12th St., Suite 207, Sacramento 95814.)

Young artists

at work . . .

VICTORIA CAULUM

Jackson Pollock fans had better watch out. A hot new school of West Coast abstract juvenile expressionism is beginning to get gallery space—and the young, undiscovered artists are hungry. In fact, they're willing to work for cookies, milk, and a few hugs from their mom and dad.

Commissioned by patrons (and parents) Victoria and Ross Caulum, artists Kelsey, Benjamin, and Bailey (ages 5, 3, and 1) produced two monumental works to fill the empty walls of their new home in Diamond Bar, California. They consented to reveal their technique to *Sunset* readers in the hope that it might inspire painters of similar stature.

Working with a limited palette (four colors of nontoxic, interior acrylic paint selected by their parents) and one canvas (a 12- by 15-foot drop cloth from a paint store), the young daubers created their masterpiece in about 30 minutes of intense, paint-splattered activity. "I even got paint on my underwear," confides Kelsey.

The children shared the three main paint colors—

Artistic team starts with pristine drop cloth and preselected colors (top right), then with bold strokes applies paint to canvas—and selves.

RUSS A. WIDSTRAND

. . . and on show

peach, green, and slate—which coordinated with the house decor. A fourth color, a dark blue, was held in reserve, then splattered and dribbled over the canvas. The artists worked from plastic roller trays, applying paint to canvas with inexpensive foam brushes and sponges—and an occasional bare foot. They concentrated on painting the vertical surface; the part covering the patio decking caught their spills and footprints.

When paint and inspiration ran out, the canvas was left to dry and the artists were hosed off. Clean-up was easy because they wore painters' hats and disposable smocks cut from a white sheet and tacked together with a glue gun.

The next day, the sharp-eyed parents cut two rectangles from the former drop cloth—one from the painted portion, the other from the area the children had stood upon. Then they stretched and stapled each to a wood frame, finishing the edges with a painted lath trim. The Caulums estimate that the total cost was about $85. ■

By Peter O. Whiteley

VICTORIA CAULUM

Once underfoot, striking canvas (above) reveals footprints and dribbles; painted part of canvas enhances family room (right).

Weary painter ponders artistic future. Smock reflects vigorous brush technique—and an overturned paint tray.

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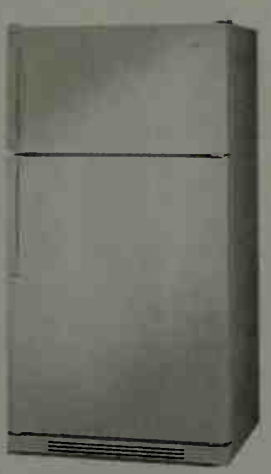

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CONCRETE BLOCKS CLAD AN EAVELESS COURTYARD HOUSE

Building in the hills above Berkeley, California, architects Marcy Li Wong and Donn Logan carved out a courtyard garden almost completely encircled by a house that borrows tone and texture from its surroundings. The house respectfully nods to the area's fire danger in extensive use of concrete block, lack of overhanging eaves, and minimal use of exterior wood.

The only flat area for outside play and entertaining is the 28- by 50-foot courtyard sheltered from winds by the house's two-story walls. One downhill corner, where broad boulders poke out of the

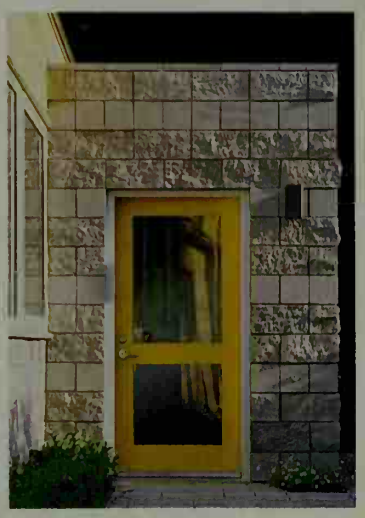
PETER CHRISTIANSEN

PLACE FOR PLAY
Boys cavort in the grassy courtyard framed by tall walls and native boulders. Their mother watches from an upper-level patio atop planter-banked retaining wall.

OVERSIZE WINDOWS *line upper portion of multilevel great room. Note colorful rails.*

PETER CHRISTIANSEN

FLOOR-LEVEL WINDOW *makes landscape seem part of dining area.*



SHADOWS PLAY *on block wall's textures. Bright yellow door greets visitors at entry.*

ROOM-WIDE HOUSE *encircles courtyard. Children's bedrooms are in two-story wing at right.*

ground, is open to views of pines and eucalyptus.

On-site boulders and trees set a textural theme for house materials, both on the exterior and inside. Lower portions of exterior walls are split-face concrete blocks, which have a coarse, irregular surface akin to that of the native boulders. For visual interest and to emphasize the horizontal lines of the house, every third row of blocks has a smooth surface. The result is a subtle gray-on-gray banding, further emphasized by angled sunlight.

Blocks, an ideal noncombustible material, are also used for courtyard retaining walls. The class A composition roof and the absence of projecting eaves contribute further to the fire-safe character of the house.

OTHER SURFACES, OTHER TONES

Changing to horizontal cedar siding on some of the façade breaks up the mass of the house and adds new texture and color that quietly repeat on interior walls. In the 74-foot-long multilevel main room (living, music, and dining areas), interior walls are painted taupe wherever the exterior is block, and off-white where there is wood outside.

Floors are dark gray scored concrete with a hydronic (hot-water radiant) heating system. Railings, stair treads, and built-in ledges are accented in primary colors and a cheery green. Kitchen cabinets are stained the same color as the exterior siding; counters are black granite.

A PLAN FOR NATURE, LIGHT, AND FAMILY

The architects placed windows to take in views of the courtyard and of surrounding trees, while blank walls edit views of neighbors. Tall walls with sliding glass doors and oversize metal-framed windows keep the interior bright (the amount of glass remained within limits permitted by building codes).

Floor levels follow the lot's slope. The view from the small entry hall is down the length of the airy main room, whose three zones are defined by level changes. Nearest the entry is a dining area with a flat 10-foot ceiling. A few steps down lies a 12-foot-square music area. Below that, the living room has ceilings soaring 18 feet. Glass doors open to the courtyard on all sides from all levels.

The C-shaped floor plan puts private bedroom wings at opposite ends: the parents have a master suite off the main room, and the three young children have a playroom and bedrooms in a two-level wing across the courtyard. The adults, who sometimes work at home, can have quiet in the main room and kitchen area, while the children are playing in their own wing. ■

By Peter O. Whiteley

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Santa and his reindeer stand at the ready

A project from Sunset's new Best of the Holidays

SET THE STAGE FOR SANTA'S arrival with these simple slot-together wood figures. Our Western Santa and his reindeer are cut from pine 1-by-12s, with notches that let you slip the figures together for quick display.

This project is one of more than a hundred seasonal ideas collected from past issues of *Sunset Magazine* and presented in *Sunset Best of the Holidays*. The 148-page compilation in-

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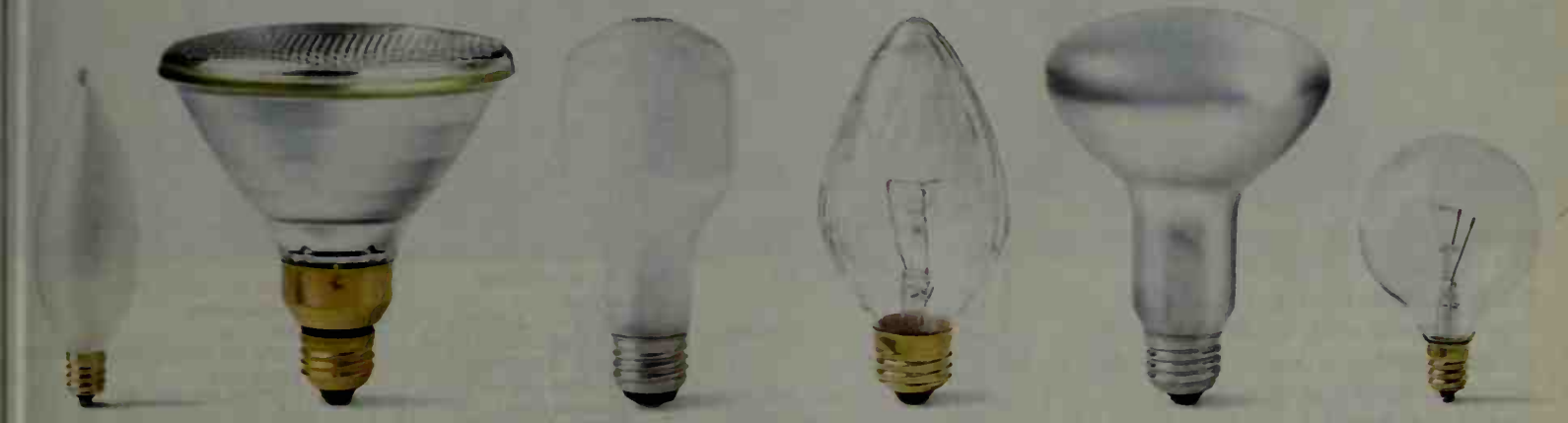

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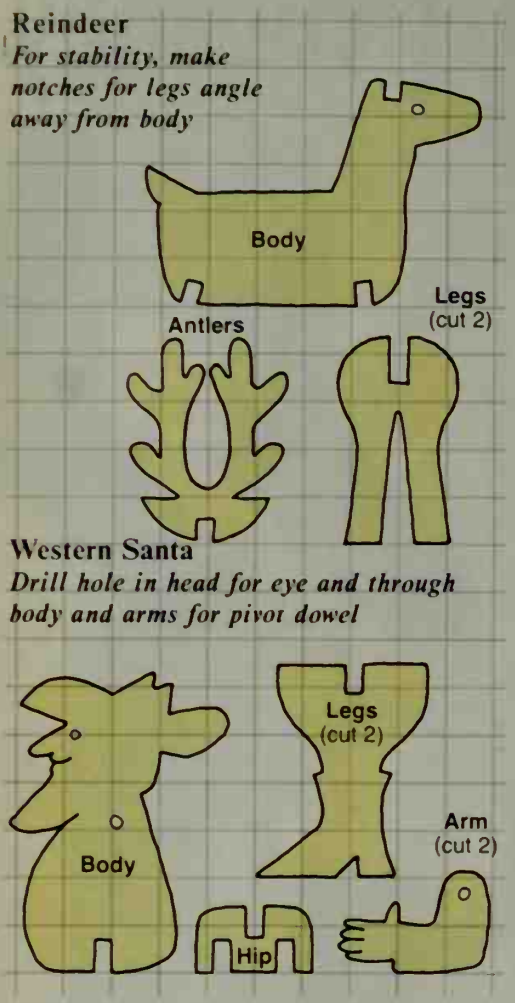

cludes numerous craft and decorating projects, fall-winter travel adventures, and a wealth of recipes for holiday meals and entertaining. Look for a copy on newsstands, or send $5.70 (includes shipping) to *Sunset Best of the Holidays,* 80 Willow Rd., Menlo Park, Calif. 94025.

To make the figures, you'll need heavy paper; a saber, jig-, or band saw; a drill with a ½-inch bit; sandpaper; and wood (about 4 feet of 1-by-12 per figure if you cut all pieces so they run with the grain, less if you cut smaller pieces across the grain). Our Santa's arms pivot on a piece of ½-inch dowel, but you can glue them onto the body if you prefer.

Enlarge pattern on paper so each square equals 2 inches, then outline on wood. Make notches no wider than wood's thickness so figures stand properly. Cut pieces, drill ½-inch holes for eyes and arms, and sand. Sand as needed to widen notches.

Finish the figures with paint or stain, or leave them natural. We painted the white beard on our Santa. For his clothes and cowboy hat, we applied red paste shoe polish to let the grain show through. Use masking tape to keep lines precise. ■

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It's not slate, it's poured concrete

Modern technology plays a role in this handsome, cost-cutting walk

NORMAN A. PLATE

GRACEFUL WALKWAY *of multihued concrete has the look of aged slate. It leads to a new entry porch (below). The steps and curving bench were textured with water-washed and chemically stained concrete.*

BEAUTY AND DECEIT combine in this new entry walk. The slate-textured path curves around a magnolia tree and arrives at a landing beneath a colonnaded porch added to the front of Gail and Randy Goodrum's house in Studio City, California.

Before the garden and house were remodeled, guests had to walk up the drive and across the yard to an unprotected front door. The new path separates people from parked cars, and the porch provides transitional shelter.

The deception? From the street to the front steps, the path is made of top-colored, embossed, and chemically stained concrete, not slate tiles. Although the technique costs about $6 per square foot (about $2 more per square foot than a traditional poured concrete path), it represents a substantial saving over true slate, which costs about $15 per square foot. This kind of installation requires a concrete contractor experienced in the technique.

Modern technology took over when the gray concrete was poured. First, warm-colored powdered hardeners were broadcast over and worked into the wet concrete, which was then textured to imitate slate (rollers or latex molds can be used). The concrete was then scored. To give the surface warm slate tones, the walkway was coated with rust, brown, ocher, and purple chemical stains. Some colors were applied to individual squares, and others were spread across broader areas.

To age the entry's new water-washed concrete steps and bench and unify them with the old drive, they were stained a light tan.

The path and the garden remodel were designed by Nick Williams and Associates of Tarzana. Concrete work was by Neil Stringer Construction, Woodland Hills. ■

By Peter O. Whiteley

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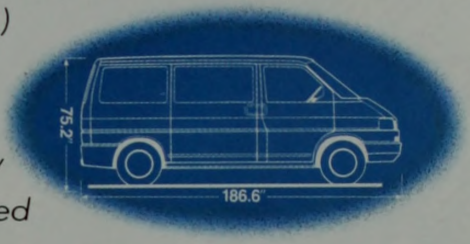
FOR ITS SIZE.

EuroVan

FAHRVERGNÜGEN

G

out a Porsche 911. Both have front torsion-bars and four-wheel independent suspension. (Of course, EuroVan is no sportscar, but it does have Fahrvergnügen.™)



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FAHRVERGNÜGEN

The Changing Western Home

Lighting

In-the-mirror makeup lights

Globular bulbs protrude through precisely cut holes in this bathroom mirror to form a graceful arc of light. They screw into bases mounted to the wall behind the mirror.

Architects: Marcy Li Wong and Donn Logan, Berkeley.—*Peter O Whiteley*

PETER CHRISTIANSEN

DON NORMARK

Storage

A log cabin meant to burn

After watching his children climb all over a large woodpile behind their house in Bellevue, Washington, Paul Stevens decided to make the logs into a more stable play structure.

The log cabin's overhead protection and good air circulation assure seasoning for its 3 cords of wood, while its shape makes an inviting, all-weather fort.

A double-walled framework of 2-by-4s holds the logs firmly in place. Pitched rafters stiffen the roof, which is covered with a plastic drop cloth to protect both wood and children from the Northwest drizzle.—*P. O. W.*

Electronics

Don't judge this bookcase by its cover

Fool-your-eye spines with famous titles like *Ulysses* and *The Divine Comedy* are painted on a cabinet door in Sally and Judd Day's book-lined study. The door slides across the face of the adjacent bookcase to reveal a television set and video recorder.

George M. Josten of Puyallup, Washington, painted the design.—*Daniel P. Gregory*

More of the West's best rooms

Last month, we featured most of the 19 winners in our first Interior Design Awards program (page 107 in the October *Sunset*). Here we spotlight the jury's other five selections: one honor award (worth study by the profession), and four special awards (notable for a specific aspect).

Interior Design

HONOR AWARD

Robert Luchetti
Robert Luchetti Associates, Inc.
Cambridge, Massachusetts
for
Emily and Peter Luchetti
Sausalito, California

The Sausalito house pictured here led juror Tim Street-Porter to say, "There's a perfect delicacy to it." Juror Marcia Johnson remarked on the luminous quality: "It looks as though it has a fabric skin." Indeed, this house resembles a machine-age tent. The jury particularly liked the attention to detail that unites furnishings and architecture in an overall design emphasizing openness and understatement, and framing dramatic views.

For the open loftlike living-dining room, Luchetti designed the glass and steel coffee and end tables, a gray granite and steel Parsons table behind the long sofa, and a high-wire act of suspended halogen lamps. The open-cable design of each piece complements the room's exposed steel structure.

In a dialogue between hard and soft, warm and cool, the unpolished gray granite of hearth and fireplace squarely faces the smooth texture of white canvas covering the overstuffed sofas and chairs. In contrast to the coolness of stone and steel, stripes of maple and red oak in the floor amplify the fire's glow.

RICHARD BARNES

Upstairs in the master bedroom, a warm-toned, bow-front Hepplewhite bureau stands out against white walls and the light, elegant steel bowstring truss overhead.

—Daniel P. Gregory

PETER CHRISTIANSEN

A neutral frame for personal expression

Interior Design

SPECIAL AWARD

FOR MATERIALS

Designer-owner Dianne McKenzie

The Sea Ranch, California

and

Architect Donlyn Lyndon

Lyndon Buchanan Associates

Berkeley, California

Luxuriant skeins of yarn in amber, vermilion, and cornhusk yellow coil on racks to the ceiling. The floor is vinyl in the textured pattern of diamond-plate steel. Pliant pillows wrap a corner window seat behind a cord-tied ripstop nylon curtain. The walls and ceiling of unfinished Douglas fir boards give the room a barnlike background. Where are we? We are standing inside an environmental tapestry woven by Sea Ranch, California, artist-owner Dianne McKenzie and Berkeley architect Donlyn Lyndon. The warp and woof of this design—notwithstanding the woof named Yogi so coolly returning our gaze—express the theme of contrast, which the jury found stimulating and provocative.

The house was designed to include a separate art studio and guest area, shown in the large photograph. The jury noted that the wooden post-and-beam structure becomes a simple frame for the elements inside it. Juror Heidi Richardson observed: "The whole woody box has a plain, neutral quality: you can stick almost anything into it."

An industrial aesthetic—playing off against the rustic simplicity of walls and ceiling—governed the selection of key interior materials and finishes, from hand-cast concrete countertops and stainless steel fixtures to the patterned vinyl, slate tile, and painted concrete floors. McKenzie heightened the sense of contrast by placing carved Victorian chairs at the contemporary plastic-laminate dining table and in the living area just beyond.

—D.P.G.

PETER CHRISTIANSEN

Steel and concrete in the bathroom

If you feel a sudden urge to stir-fry shrimp while you're brushing your teeth in this bathroom, it's understandable. The stainless steel sink is a custom-designed wok drilled for plumbing. You are standing in Berkeley architect Lindy Small's own lavatory-laboratory, where design is a continuing experiment. Her innovative and sophisticated use of materials won the jury's respect.

SPECIAL AWARD FOR MATERIALS

Lindy Small & Associates
Berkeley, California
for
Lindy Small and Stephen Shapiro
Orinda, California

LINDY SMALL

The counter is poured-in-place concrete, with a perforated stainless steel soap dish and toothbrush holder set flush with the surface. The french curve–shaped front edge adds an elegant sculptural line. Small sprayed a diluted solution of iron oxide on the concrete as it was curing to achieve a variegated verdigris color, a foil for the shiny stainless steel fixtures.—*D.P.G.*

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New plywood and steel vertebrae

TIM STREET-PORTER

Interior Design

SPECIAL AWARD FOR CABINETRY

Franklin D. Israel Design Associates Inc.

Beverly Hills, California

This house needed orthopedic surgery, and architect Frank Israel performed it by installing a new spine of sculptural built-in cabinetry made of maroon Finnply (a laminated wood product) and steel. It stretches throughout the house from the opened-up living room to the new master suite, and, as Street-Porter observed, "it binds the interior spaces together."

Israel designed the cabinetry to perform all the functions that conventional walls and furniture would—from defining seating and activity areas to containing storage and display space—without blocking views into the garden and to the city spread out below.

In the living room, the built-ins form a U-shaped leather-upholstered seating unit that faces the media center. The seating's low scale keeps the room open and uncluttered. Another U-shaped unit forms a tall bookshelf alcove with art display (top). The shelves hold the owners' records and tapes.—*D.P.G.*

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*Seats upholstered in leather except for rear sides of seatbacks and other minor areas. © 1992 Mazda Motor of America, Inc.

mazda

IT JUST FEELS RIGHT.

New cabinets and character

RICHARD BARNES

This interior began as a blank page of anonymous walls and prefab banisters (below). The owners wanted to give the house character, as well as book and display shelves. They also wanted to open the kitchen to the living room and its views. Maple now panels walls and new cabinets; it also frames a kitchen pass-through with sliding partitions of maple, aluminum, and glass. Rails, cabinet trim, and pass-through counter are all aluminum.—*D.P.G.* ■

HENRY SIEGEL

SPECIAL AWARD

FOR CABINETRY

Henry Siegel and Caitlin King

Siegel & Strain Architects

Emeryville, California

for

Joan and Mark Reiss

San Francisco

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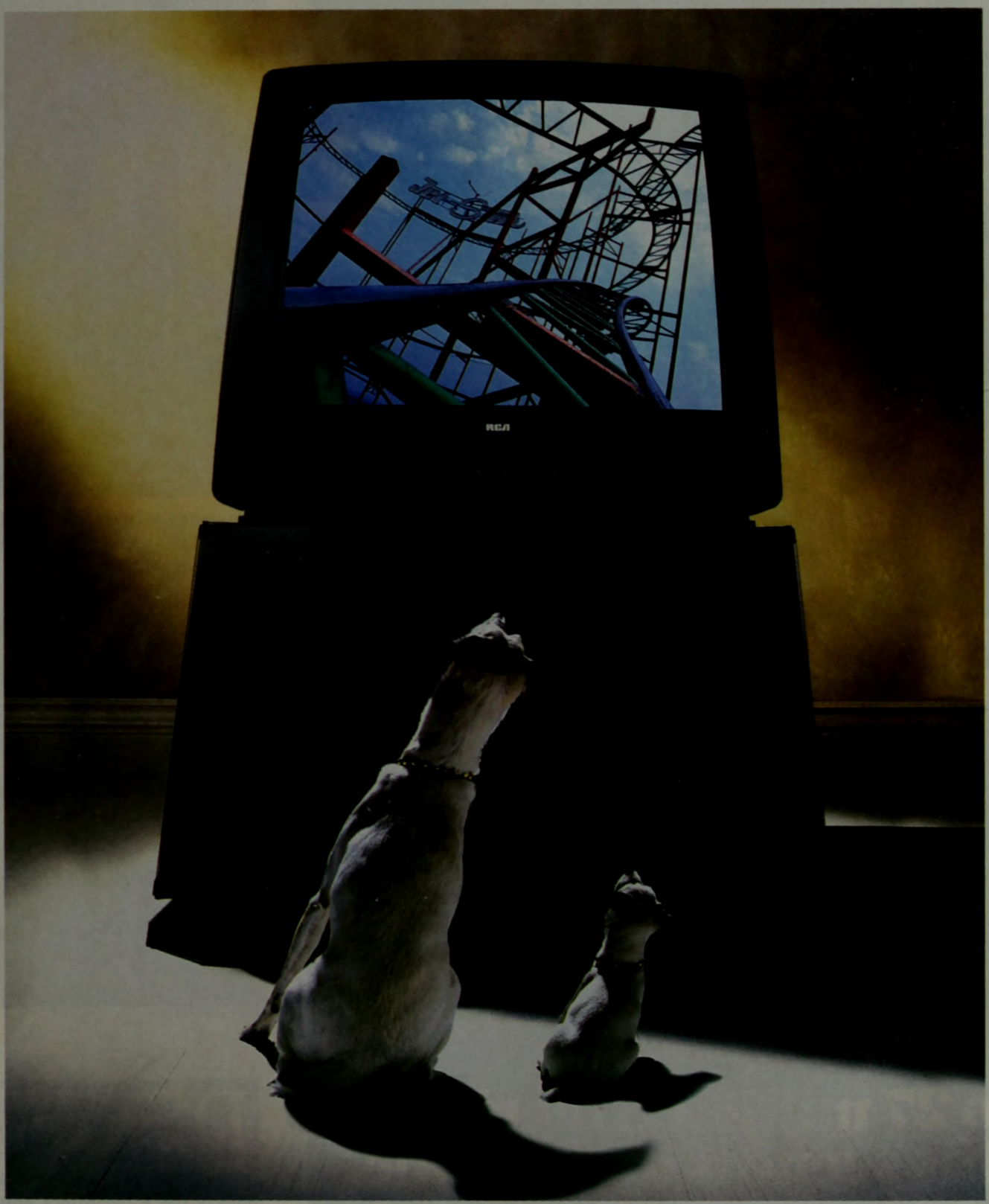

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TWO-SIDED STORAGE WALL *for books and china spans 10 feet between two rooms on separate levels.*

Room divider is a storage wall

Bookcase on one side, china cabinet on the other, buffet counter on top

DIVIDE AND ORGANIZE could be the motto for this broad, low wall that separates an upper-level hallway from a lower-level living room. Both sides of the 36-inch-thick unit and its top are hardworking: it functions as bookcase, china cabinet, and buffet counter. It also helps define hallway and living room as separate spaces while opening them up to each other.

The living room side of the wall stands 57 inches tall; it holds an orderly array of same-size cubicles, each 12 inches deep, for book storage and display. Although the shelving looks as if it's made of 1½-inch-thick

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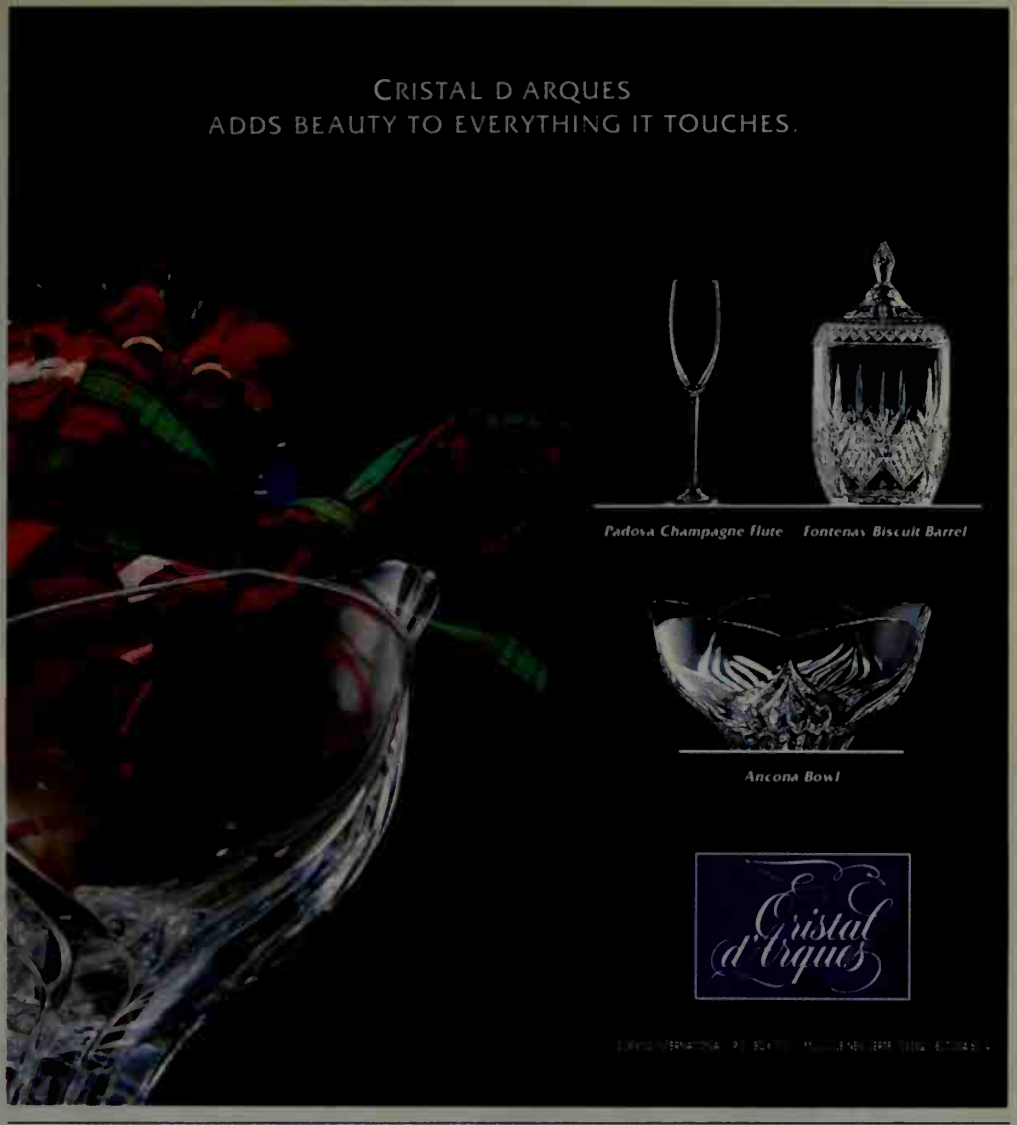
boards, it is really made of ¾-inch white oak plywood trimmed in front with 1-by-2s. Verticals are back-to-back layers of plywood; horizontals are single layers.

On the hall side, the wall is counter height (36½ inches). Three pairs of doors mask pull-out trays for china and glasses. The jade green slate tile top is at just the right height for buffet meals, which, served here, keep guests from crowding the nearby kitchen. Steps flanking the unit allow easy circulation to the living room.

Architect-owner: Brian Peters, Redwood City, California. ■

By Peter O. Whiteley



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Before adding on, they had to subtract

HODGEPODGE ADDITIONS *and abrupt stoop had cluttered rear. New addition flows smoothly onto deck, down to sandbox, into garden.*

PETER CHRISTIANSEN

NEW FAMILY ROOM AND BREAKFAST AREA *occupy space where closed-off back bedroom and stairway had been. Banister and change in floor level separate rooms without use of walls, letting rooms share light.*

JUST UNDO IT! became the battle cry in remodeling this vintage-1908 two-story brown shingle house. As with many older houses, it had submitted over the years to several additions. These cluttered the rear of the house with a stairway and a small bedroom, and contorted access to the garden.

As part of a comprehensive strategy, San Francisco architect Eric Haesloop of William Turnbull Associates started designing from the original plan, as if the additions had never occurred. He found this approach made it natural to widen the back of the house with a 1,100-square-foot two-story addition containing the upstairs master suite and downstairs family room the owners wanted.

The owners had also requested more daylight inside and an easier flow between house and garden, so Haesloop designed the new family room to bring light into adjacent rooms and to let foot traffic circulate. The room opens to both the original kitchen and dining room, as well as to a new breakfast area and (through French doors) a spacious new deck that steps down to the lawn.

For a seamless fit, Haesloop matched original detailing, from wainscot molding to exterior shingles. ■

By Daniel P. Gregory

I want to remodel my home, but how can I find the best financing for the job?

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November Menus

QUICK, SEASONAL, BUDGET-WISE . . . FOR FAMILY AND FRIENDS

Never enough drumsticks? Never enough breast? Love turkey but hate to carve? Such quandaries have a simple solution: buy turkey parts and create your ideal "bird." Buy more drumsticks than a single turkey can offer, and get a boneless breast—slicing is quick and easy. This meal is planned to allow ample leftovers, but without a carcass to crowd the refrigerator.

With all the football games this month, our second meal accommodates fans who are hard to get from the TV to the table: great-tasting Reuben sandwiches will keep them well nourished.

BEST-OF-THE-BIRD DINNER (at right)
Breast roast slices neatly; drumsticks perch against dried tomato couscous. Dinner starts with mixed salad.

GAME-DAY REUBEN SUBS (page 128)
Plump sandwiches of corned beef, cheese, and napa cabbage slaw feed a crowd of football fans.

THE DETAILS

Drumstick Finials

On 3- by 10-inch gold paper, cut slits ¼ inch apart. Fold lengthwise; tape to fit.

Menu Card

Fall fruits, gold-sprayed leaves and nuts hold festive dinner menu card upright.

Harvest Decor

For table, golden fabric and cord provide nests for seasonal natural treasures.

Napkin Loops

Use more golden cord to loop around napkins, show off knot know-how.

PETER CHRISTIANSEN

BEST-OF-THE-BIRD DINNER

Mixed Salad with Feta Cheese

Roast Turkey Breast and Four Drumsticks

Dried Tomato Couscous

Green Beans with Toasted Almonds

Pecan-Cranberry Pie

Dry Chenin Blanc

If you have just one oven, the pecan-cranberry pie can be made a day ahead or baked before the turkey.

While turkey parts roast, cook beans and assemble the salad and couscous makings. Follow package directions for couscous, using 3 cups; season to taste with chopped, oil-drained dried tomatoes and a little sage and oregano.

Roast Turkey Breast and Four Drumsticks

Make a triangular mound of couscous on platter to lean drumsticks against. Or serve in a bowl alongside.

- 4 turkey drumsticks, each about 1 pound
- 1 boned turkey breast half, 3 to 3½ pounds
- ⅔ cup apple jelly
- 2 tablespoons raspberry vinegar or wine vinegar
- ½ teaspoon ground sage
- 2 tablespoons cornstarch
- About 2 cups regular-strength chicken broth
- Salt and pepper

Rinse drumsticks and breast; pat dry. Trim fat from breast. Set skin side up and fold narrow end under breast to make an evenly thick piece; pull skin to cover as much breast as possible. Tie breast snugly with cotton string at 1-inch intervals lengthwise and crosswise.

In a 1- to 1½-quart pan over medium heat, stir the jelly with the vinegar and sage until jelly melts.

Lay drumsticks slightly apart in an 11- by 17-inch roasting pan and brush with jelly mixture. Bake in a 375° oven for 15 minutes.

Set breast in pan and baste with jelly mixture. Bake breast until a thermometer registers 160°, and the drumsticks until thermometer registers 185° at bone in the thickest part, about 2 hours longer. (If one part cooks faster, remove from oven and keep warm.)

As turkey roasts, baste with drippings and jelly mixture, using it all. If drippings start to scorch, add ⅓ cup water and scrape browned bits free.

Transfer meat to a warm platter; keep warm and let stand 5 to 10 minutes. As juices accumulate on platter, drain into roasting pan.

To make gravy, skim and discard fat from drippings. In a 1-quart or larger glass measure, blend a little of the drippings smoothly with cornstarch; add remaining drippings and enough broth to make 2½ cups. Return to pan; stir over high heat until boiling. Pour into a bowl.

Slice breast; slice drumsticks or serve whole. Serve meat with gravy, salt, and pepper to taste. Serves 12 to 16, or 8 to 10 with leftovers.

Per serving with ½ cup gravy: 299 cal. (33 percent from fat); 37 g protein; 11 g fat (3.4 g sat.); 10 g carbo.; 98 mg sodium; 101 mg chol.

PETER CHRISTIANSEN

SPLIT BAGUETTES *surround hearty Reuben filling that peeks from sides. Olives anchor the subs.*

Pecan-Cranberry Pie

- 3 large eggs
- 1 cup corn syrup
- 1 cup sugar
- 1 teaspoon vanilla
- 1¼ cups fresh or frozen cranberries, rinsed
- 1 cup pecan halves
- Unbaked pastry for a 9-inch single-crust pie
- Vanilla ice cream (optional)

In a large bowl, beat to blend eggs, corn syrup, sugar, and vanilla. Stir in cranberries and pecans.

Line pan with pastry and crimp rim decoratively; pour in cranberry filling. Bake in a 350° oven until filling is set when pan is shaken, 55 to 65 minutes. Let cool at least 30 minutes; serve warm or cool. If making ahead, cool, cover, and let stand up to a day. Cut into wedges; offer with ice cream. Serves 8 to 10.

Per serving: 365 cal. (37 percent from fat); 3.9 g protein; 15 g fat (2.5 g sat.); 56 g carbo.; 177 mg sodium; 64 mg chol.

GAME-DAY REUBEN SUBS

Beef or Chicken Noodle Soup

Reuben Submarines

Ice Cream Sandwiches

Beer Water

This menu needs no utensils. Sip soup from mugs. Provide plates for the sandwiches because they drip; pass ice cream sandwiches.

Reuben Submarines

- 2 slender (½ lb. each) baguettes
- About 3 tablespoons Dijon mustard
- Russian slaw (recipe follows)
- ¾ pound thinly sliced cooked corned beef
- ⅓ pound thinly sliced Swiss cheese
- 1 small (about ¼ lb.) mild onion, thinly sliced

Cut baguettes in half lengthwise; pull bread from bottom sections to make shallow trenches. Spread cut sides of bread with mustard.

With a slotted spoon, mound slaw into trenches. Top with beef, cheese, and onion. Press down tops of sandwiches. Cut each into 3 portions. Serves 6.

Per serving: 514 cal. (37 percent from fat); 27 g protein; 21 g fat (8.5 g sat.); 53 g carbo.; 1,546 mg sodium; 81 mg chol.

Russian slaw. In a bowl, combine ½ cup **nonfat** or regular **sour cream,** 3 tablespoons **tomato-based chili sauce,** 2 tablespoons **sweet pickle relish,** 1 tablespoon **prepared horseradish,** and 6 cups finely shredded **napa cabbage;** mix. Use or, if making ahead, cover and chill up to a day. ■

By Karyn I. Lipman

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How to help a shrimp achieve greatness.

Along the pathway to greatness, even a jumbo shrimp can use a little help. To enhance its delicate flavor, we suggest you add fresh squeezed lemon juice, freshly chopped parsley and finely diced garlic.

For this exquisitely dressed shrimp, there's no better setting than a steaming bed of Ronzoni® Rotini. It's the finest pasta available. And its corkscrew shape not only adds a visual twist, it gives the dish a deliciously *al dente* texture.

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Rotini and Scampi

3 cups (8 oz.) RONZONI Rotini, uncooked
1/2 cup butter or margarine
1 tablespoon olive or vegetable oil
3/4 lb. raw shrimp, peeled and deveined
2 tablespoons fresh lemon juice
2 tablespoons finely chopped shallots
1 clove garlic, minced
1 tablespoon chopped fresh parsley
1/2 teaspoon hot pepper sauce
1/4 teaspoon grated lemon peel

Cook pasta according to package directions; drain. Meanwhile, in large skillet, heat butter and oil; add shrimp, shallots and garlic. Cook 2 minutes; add remaining ingredients and continue cooking until shrimp is pink (about 3 minutes). Stir in hot pasta. Season to taste. *2 servings as main dish, 4 servings as side dish.*

PETER CHRISTIANSEN

WHIPPED CREAM TOPS *tiny pots of elegant mousse made with purchased eggnog.*

Eggnog adds festivity to mousse or pudding

IF AN ABUNDANCE OF purchased eggnog remains after a holiday party, here are two festive ways to put it to work: in a smooth white chocolate mousse laced with rum, and in a bread pudding. The pudding has a choice of toppings—one dresses it for dessert, another for breakfast.

Eggnog and White Chocolate Mousse

- 1 teaspoon unflavored gelatin
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 2 cups purchased eggnog
- 3 ounces finely chopped white chocolate or white chocolate chips (suitable for melting)
- 3 tablespoons dark rum or brandy (optional)
- 1 teaspoon vanilla
- Whipped cream (optional)

In a 1½- to 2-quart pan, sprinkle gelatin, cinnamon, and nutmeg over eggnog. Stir often over medium heat until eggnog is steaming, 7 to 8 minutes.

Remove from heat and stir in chocolate, rum, and vanilla; stir occasionally until chocolate is smoothly melted, about 5 minutes.

Pour mousse mixture into 6 small (about ½-cup-size) pôts de crème, demitasse, or dessert cups. Cover with plastic wrap (do not let wrap touch mousse); chill mousse until softly set, at least 4 hours or up to a day. Garnish each serving with a small spoonful of whipped cream. Makes 6 servings.

Per serving: 196 cal. (51 percent from fat); 4.3 g protein; 11 g fat (3.8 g sat.); 21 g carbo.; 58 mg sodium; 52 mg chol.

Eggnog Bread Pudding

Serve pudding with hard sauce for dessert, or with the fruit topping for breakfast.

- ½ cup chopped pecans or walnuts
- About ⅔ of a 1-pound baguette, cut into ¾-inch-thick slices
- ⅓ cup raisins
- 2 cups purchased eggnog
- 4 large eggs
- ½ cup sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ cup dark rum or brandy (optional)
- 2 teaspoons vanilla
- Hard sauce or fruit topping (recipes follow)

In a 7- to 8-inch frying pan over medium heat, stir nuts occasionally until lightly

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browned, about 6 minutes. Pour from pan; let cool.

Arrange bread slices slightly overlapping in a lightly buttered shallow 3- to 3½-quart baking dish. Sprinkle with nuts and raisins.

Beat eggnog with eggs, sugar, cinnamon, nutmeg, rum, and vanilla. Pour mixture evenly over bread; press bread into liquid to saturate. Cover; chill at least 1 or up to 4 hours.

Bake pudding in a 350° oven until the center jiggles only slightly when dish is gently shaken and the top is golden brown, about 35 minutes. Spoon hot or warm pudding into small bowls; top with hard sauce or fruit topping to taste. Makes 8 servings.

Per serving: 349 cal. (34 percent from fat); 9.7 g protein; 13 g fat (4.2 g sat.); 49 g carbo.; 287 mg sodium; 145 mg chol.

Hard sauce. Beat together until fluffy ¼ cup (⅛ lb.) **butter** or margarine (at room temperature), 1½ cups **powdered sugar,** ¼ cup **purchased eggnog,** 1 tablespoon **brandy** or dark rum, and 1 teaspoon minced **lemon peel** (yellow part only). If sauce is made ahead, cover and chill up to 1 week. Makes 1 cup.

Per tablespoon: 78 cal. (38 percent from fat); 0.2 g protein; 3.3 g fat (2 g sat.); 12 g carbo.; 33 mg sodium; 10 mg chol.

Fruit topping. In a 10- to 12-inch nonstick frying pan, melt 1 tablespoon **butter** or margarine over medium-high heat. Add 2 large (about 1¼ lb. total) firm-ripe **pears,** cored and sliced; 2 large (about 1 lb. total) **apples,** cored and sliced; ¼ cup **sugar;** and 2 tablespoons **lemon juice.**

Cook fruit, turning occasionally, until liquid evaporates and fruit is slightly browned, 10 to 15 minutes. Serves 8.

Per serving: 107 cal. (16 percent from fat); 0.9 g protein; 1.9 g fat (0.9 g sat.); 24 g carbo.; 15 mg sodium; 3.9 mg chol. ■

By Christine B. Weber

To use our nutrition information

Sunset recipes contain nutrition information based on the most current data available from the USDA for calorie count (including percentage from fat); grams of protein, total fat (including saturated fat), and carbohydrate; and milligrams of sodium and cholesterol.

This analysis is usually given for a single serving, based on the largest number of servings listed for the recipe. Or it's for a specific amount, such as per tablespoon (for sauces).

The nutrition analysis *does not include* optional ingredients or those for which no specific amount is stated (salt added to taste, for example). If an ingredient is listed with an alternative, the figures are calculated using the first choice or a comparable food. Likewise, if a range is given for the amount of an ingredient (such as ½ to 1 cup butter), values are figured on the first, lower amount.

Recipes using regular-strength chicken broth are based on the sodium content of salt-free homemade or canned broth. If you use canned salted chicken broth, the sodium content will be higher.

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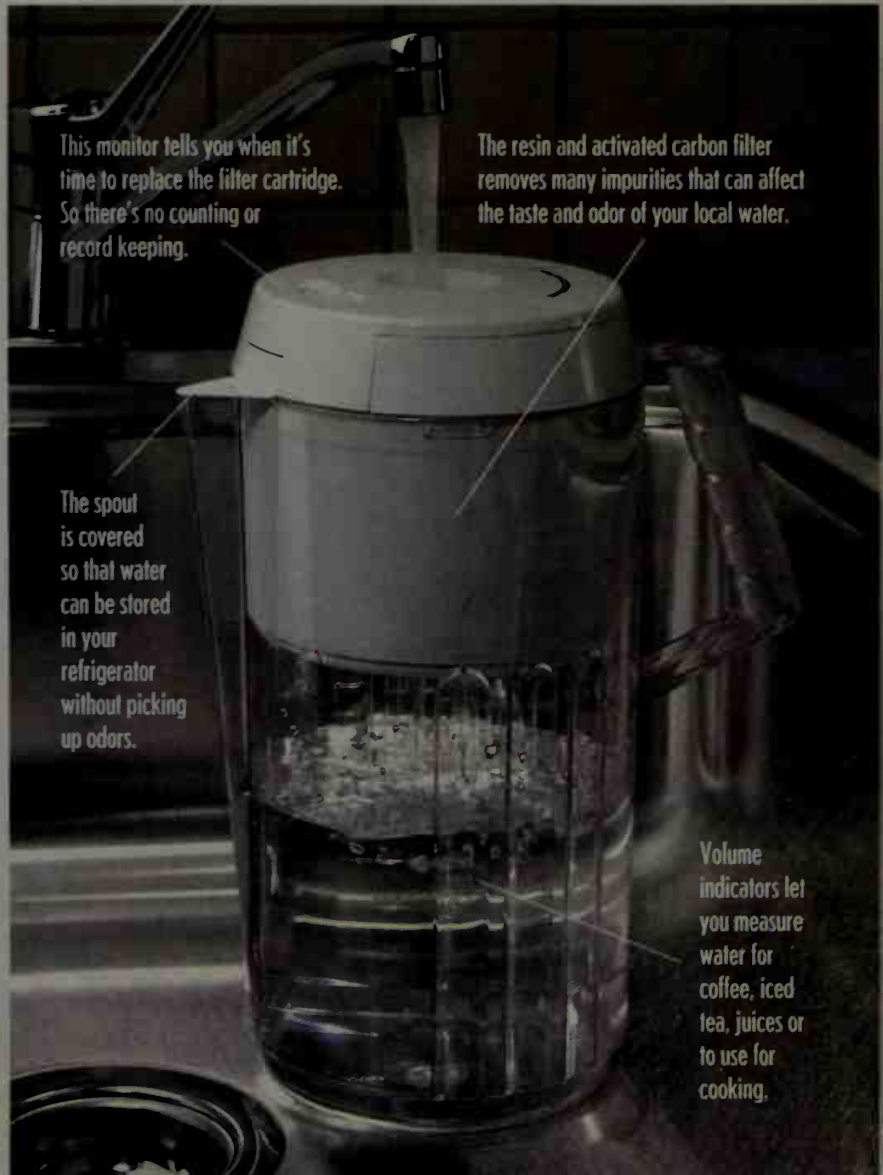
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SUNSET'S KITCHEN CABINET

Creative ways with everyday foods—submitted by *Sunset* readers, tested in *Sunset* kitchens, approved by *Sunset* taste panels

Fall Pear Salad

Louise Ross, Elk Grove, California

- 6 slices (about ¼ lb.) bacon
- 3 large firm-ripe red pears (about 1½ lb. total)
- 3 tablespoons lemon juice
- 1 package (10 oz.) washed fresh spinach (or 1½ lb. spinach, stems and wilted leaves discarded), rinsed and crisped
- ½ pound mushrooms, rinsed and thinly sliced
- Ginger dressing (recipe follows)

In a 10- to 12-inch frying pan over medium-high heat, cook bacon until brown and crisp, turning often. Drain on towels. When cool, crumble.

Core pears and cut each into 16 wedges; mix fruit with lemon juice.

On a platter or 8 salad plates, arrange spinach and mushrooms; top with pear slices and juice. Moisten with dressing; top with bacon. Serves 8.

Ginger dressing. Mix ½ cup minced **crystallized ginger,** ¼ cup *each* **extra-virgin olive oil** and **red wine vinegar,** and ½ teaspoon **pepper.**

Per serving: 201 cal. (43 percent from fat); 3.2 g protein; 9.5 g fat (1.7 g sat.); 29 g carbo.; 103 mg sodium; 3.4 mg chol.

RED PEAR WEDGES *with ginger dressing make colorful splash on spinach salad.*

Wholesome Lentil Soup

Karen Meter, Aurora, Colorado

- 1 package (12 oz. or 2 cups) lentils
- 2 large (about 1¼ lb. total) onions, chopped
- 6 cups regular-strength chicken broth
- 4 cups water
- 2 pounds carrots, thinly sliced
- 2 cups sliced celery
- 1 can (28 oz.) Italian-style tomatoes
- 2 teaspoons *each* dried basil leaves and dried thyme leaves
- 3 dried bay leaves
- 1 teaspoon *each* fennel seed and pepper

Sort lentils for debris; rinse and drain lentils.

In an 8- to 10-quart pan over high heat, boil onions with ½ cup broth until liquid evaporates and onions begin to brown. Add remaining broth; stir to free browned bits. Add lentils, water, carrots, celery, tomatoes and their liquid, basil, thyme, bay, fennel seed, and pepper.

Cover, bring to a boil, and simmer until lentils are soft to bite, about 1 hour. Serve, or if making ahead, let soup cool, cover, and chill up to 3 days. Makes about 5 quarts; serves 10 to 12.

Per serving: 185 cal. (6.3 percent from fat); 11 g protein; 1.3 g fat (0.3 g sat.); 34 g carbo.; 279 mg sodium; 0 mg chol.

LENTILS AND LOTS *of vegetables simmer to make a thick and satisfying soup.*

Cranberry-Port Pot Roast

Dorothy B. Rosenthal, Pacific Palisades, California

- 1 beef eye of the round or rump roast (3½ to 4 lb.)
- 1 tablespoon salad oil
- 1 can (14½ oz.) regular-strength beef broth
- 1¾ cups port
- ⅓ cup firmly packed brown sugar
- 2 packages (10 oz. each) frozen petite onions
- 2 cups fresh or frozen cranberries
- 6 cups hot cooked egg noodles
- 2 tablespoons cornstarch
- Parsley sprigs
- Salt and pepper

Rinse meat, pat dry, and rub with oil. Place in a 10- by 14-inch roasting pan. Bake in a 450° oven until meat is well browned, about 45 minutes; turn often. Add broth and port. Cover tightly; reduce oven to 400° and bake 1½ hours.

Mix sugar and onions into pan; cover and bake 1 hour. Add cranberries; cover and bake until meat is tender when pierced, about 30 minutes longer.

Put meat and noodles on a platter. With a slotted spoon, ladle onions and berries onto noodles; keep warm. Skim fat from pan juices. Mix cornstarch with 3 tablespoons water. Bring pan juices to boiling over high heat. Stirring, add cornstarch mixture until sauce is as thick as you like. Pour sauce into a small bowl; serve with meat and noodles. Garnish with parsley sprigs. Add salt and pepper to taste. Serves 10 to 12.

Per serving: 363 cal. (20 percent from fat); 33 g protein; 8.0 g fat (2.3 g sat.); 38 g carbo.; 87 mg sodium; 98 mg chol.

OVEN-POT-ROASTED BEEF *bakes with tiny onions and cranberries, has port gravy.*

Okay, so we made these delicious low cholesterol brownies with cottage cheese instead of egg yolks. Seconds, anyone?

Made with lowfat cottage cheese instead of egg yolks. Lower in fat and cholesterol. Only about 100 calories each. But you'll forget all that once you taste them.

No Guilt Brownies

3 ounces unsweetened chocolate, chopped
1 cup granulated sugar
3/4 cup flour
3/4 cup 2% lowfat cottage cheese
3 egg whites
1 teaspoon vanilla extract
1/4 teaspoon salt
powdered sugar

Heat oven to 350°F. Over very low heat, melt chocolate; cool slightly. In food processor, puree all ingredients, except chocolate and powdered sugar, until smooth. Add melted chocolate. Blend well. Pour into lightly buttered, 8-inch square pan. Bake 20-25 minutes or until just set. Sprinkle with powdered sugar. Cut into squares. Makes 16 squares.

Per serving: 107 cal., 3 g. fat, 1 mg. chol., 13 mg. calc., 69 mg. potas., 3 g. prot.

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Baked Zucchini with Mushrooms

Betty Risse, San Jose, California

- 1 pound mushrooms, rinsed
- 1 medium-size (about 6 oz.) onion
- About 1⅓ cups regular-strength chicken broth
- 3 large eggs
- 4 large (about 2 lb. total) zucchini, ends trimmed, shredded
- ½ cup fine dried bread crumbs
- ¼ cup grated parmesan cheese
- ½ teaspoon *each* dried oregano leaves and pepper
- 2 tablespoons minced green onion

Thinly slice mushrooms and chop onion; combine in a 10- to 12-inch frying pan with ½ cup water. Stir often on high heat until liquid evaporates and browned bits stick to pan. To deglaze pan, add ⅓ cup broth; stir browned bits free. Boil dry and stir often until onion begins to brown. Repeat deglazing step until onion is golden brown, 2 or 3 more times, using ⅓ cup broth each time.

In a bowl, beat eggs to blend; stir in zucchini, crumbs, cheese, oregano, pepper, and mushroom mixture. Pour into a buttered, 10- by 12-inch shallow oval casserole (or 9- by 13-in. rectangle). Bake in a 325° oven until mixture is set in center when shaken, about 45 minutes; top with green onion. Serves 8.

Per serving: 106 cal. (30 percent from fat); 7.1 g protein; 3.5 g fat (1.2 g sat.); 13 g carbo.; 129 mg sodium; 82 mg chol.

ZUCCHINI AND MUSHROOM *casserole makes a good vegetable main dish.*

Mideastern Lamb Shanks with Couscous

Robin Warren, Fort Bragg, California

- 4 lamb shanks (about 4 lb. total)
- 2 large (about 1¼ lb. total) onions
- 2 tablespoons paprika
- 2 teaspoons dried thyme leaves
- 1 teaspoon pepper
- 1 can (28 oz.) tomatoes
- 1 cup dry red wine
- ⅓ cup calamata olives
- 1 package (10 oz.) frozen petite Brussels sprouts
- About 4 cups hot couscous
- Salt

Rinse shanks; place in a 4- to 5-quart casserole. Bake in a 450° oven for 30 minutes. Chop onions; mix with lamb juices. Sprinkle shanks with paprika, thyme, and pepper. Bake 30 minutes.

Add tomatoes and their liquid, wine, and olives. Cover tightly. Bake until meat is very tender when pierced, about 1½ hours. Add sprouts, cover tightly, and bake until sprouts are hot, about 15 minutes. Serve with couscous and salt to taste. Serves 4.

Per serving: 638 cal. (17 percent from fat); 60 g protein; 12 g fat (3.8 g sat.); 72 g carbo.; 584 mg sodium; 145 mg chol.

SLOW-BAKED LAMB SHANKS *are meltingly tender; serve with juices and couscous.*

Fall Leaf Bars

Renée Murdock, Kent, Washington

- 1¾ cups all-purpose flour
- 1½ cups sugar
- 1½ teaspoons ground cinnamon
- 1 teaspoon baking soda
- ½ teaspoon *each* baking powder and ground nutmeg
- 2 large eggs
- 1 cup canned pumpkin
- 6 tablespoons butter or margarine, melted
- ⅓ cup water
- Cheese leaf filling (recipe follows)

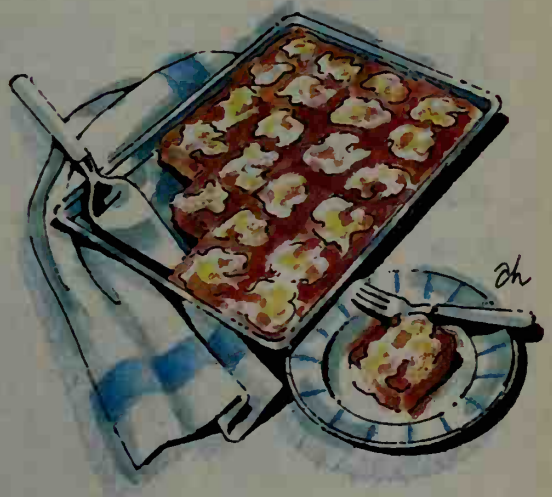
In a large bowl, mix flour, sugar, cinnamon, soda, baking powder, and nutmeg. Add eggs, pumpkin, butter, and water; beat well. Spread batter in a buttered and floured 10- by 15-inch pan. Drop cheese filling in 24 equal portions (each about 1 tablespoon) equally over surface of batter. With a knife tip, pull edges of cheese into leaf shapes.

Bake in a 350° oven until center of cake (not cheese) springs back when lightly touched, about 30 minutes; let cool. Cut pieces so cheese is in center of each. Serve warm or cool, or cover and chill up to 3 days. Makes 24.

Cheese leaf filling. Smoothly mix 1 large package (8 oz.) **cream cheese,** 1 **large egg,** and ¼ cup **sugar.**

Per piece: 161 cal. (39 percent from fat); 2.6 g protein; 6.9 g fat (4.1 g sat.); 23 g carbo.; 109 mg sodium; 45 mg chol.

Compiled by Betsy Reynolds Bateson



CREAM CHEESE *filling makes moist centers for pumpkin cake squares.*

Share recipes you've created or adapted—heritage treasures, old favorites, travel discoveries, time-savers. On publication, you'll receive a *Sunset* "great cook" certificate and $50 for each recipe used. Send recipes to *Sunset Magazine,* 80 Willow Rd., Menlo Park, Calif. 94025.

Crêpes take a bow in Ashland

And Lori Cloninger stirs up a versatile water chestnut soup

CRÊPES EDINBURGH DO not take their name from the Scottish capital known to its citizens as the Athens of the North, but rather from the Edinburgh Lodge, a bed-and-breakfast establishment in Ashland, the Athens of southern Oregon and site of the Oregon Shakespeare Festival. Graham Lewis tells us that the crêpes are a favorite of the playgoers who stay at the lodge. Although any berries will do, Lewis prefers blueberries.

He also tells us that the recipe has been evolving and may not yet have reached his ultimate goal. We can't suggest improvements, but you are welcome to try.

Crêpes Edinburgh

- 1 large package (8 oz.) cream cheese
- 3 tablespoons powdered sugar
- 2 cups blackberries, raspberries, or blueberries, or 3 cups hulled strawberries, rinsed and drained
- 3 large eggs
- ½ cup *each* milk and water
- 1 tablespoon granulated sugar
- 1 tablespoon vanilla
- About 1 tablespoon melted butter or margarine
- 1 cup all-purpose flour
- Sour cream
- Edinburgh berry sauce (recipe follows)
- Slivered almonds

In a bowl, beat cream cheese with powdered sugar until cheese is soft. If using strawberries, slice fruit. Gently stir half the fruit into the cream cheese mixture; set aside.

In a blender or food processor, smoothly whirl eggs, milk, water, granulated sugar, vanilla, 1 tablespoon butter, and flour.

Place a 6- to 7-inch crêpe pan or other flat-bottomed frying pan over medium heat. When pan is hot, coat lightly with more butter or cooking oil spray. At once, pour in about 3 tablespoons batter, tilting pan so batter flows quickly over entire flat surface. Cook crêpe until edge is lightly browned and surface looks dry. Turn and brown lightly on second side. Tip crêpe out onto a plate. Repeat to cook remaining batter; stack crêpes.

Divide cream cheese mixture equally among crêpes; roll to enclose filling and set crêpes seam down on individual plates or a platter. Top with dollops of sour cream and remaining berries, then pour Edinburgh berry sauce over the dessert. Sprinkle with almonds. Makes 14 to 16; serves 7 or 8.

Per serving: 363 cal. (37 percent from fat); 7.2 g protein; 15 g fat (8.9 g sat.); 49 g carbo.; 146 mg sodium; 121 mg chol.

Edinburgh berry sauce. In a 1- to 1½-quart pan, combine ¾ cup **sugar,** 2 tablespoons **cornstarch,** and 1 cup **orange juice.** Stir over high heat until boiling. Remove from heat and mix in 1 tablespoon **lime juice,** 1 tablespoon **butter** or margarine, 1 cup **berries** (same as used in filling), and 3 tablespoons **orange-flavor liqueur.** Serve warm or cool. Makes 2⅓ cups.

Graham Lewis

Ashland, Oregon

THE ELEMENTS IN THIS soup, seemingly disparate, blend to produce a surprisingly good flavor. If you think that apple, onion, water chestnuts, honey, and pumpkin pie spice seem a bit odd together, just consider the ingredients in mincemeat pie. Neither sweet nor savory, Lori Cloninger's Cream of

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Total No. copies printed	1,672,408	1,597,303
Paid Circulation		
Sales through dealers and carriers, street vendors and counter sales	89,177	91,998
Mail Subscriptions	1,439,991	1,364,400
Total Paid Circulation	1,529,168	1,456,398
Free distribution by mail, carrier or other means: Samples, complimentary, and other free copies	14,697	13,836
Total Distribution	1,543,865	1,470,234
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Returns from news agents	106,411	103,742
Total	1,672,408	1,597,303

I certify that the statements made by me above are correct and complete. William R. Marken, Editor

Water Chestnut Soup is a blend of both flavors.

She serves it hot or cold, but prefers it hot, with a cinnamon stick garnish. She also swirls it with carrot soup for a two-color holiday first course.

"AS YOU LIKE IT: *serve this flavorful soup hot or iced.*"

Cream of Water Chestnut Soup

- 1 medium-size (6 to 7 oz.) Golden Delicious apple, peeled, cored, and minced or grated
- 1 small (¼ lb.) onion, chopped
- 2 cans (8 oz. each) water chestnuts, drained
- 2 cans (10½ oz. each) condensed chicken broth
- 1 tablespoon honey
- ½ teaspoon pumpkin pie spice (or ¼ teaspoon ground cinnamon and ⅛ teaspoon *each* ground allspice and nutmeg)
- 2 cups half-and-half (light cream)
- Ground nutmeg or ground cinnamon (optional)

In a 3- to 4-quart pan over medium heat, combine apple, onion, and 2 tablespoons water. Simmer until onion is very soft, about 15 minutes. In a blender or food processor, smoothly purée onion mixture and water chestnuts; add a little of the broth to keep mixture moving.

Pour purée back into pan; add broth, honey, pumpkin pie spice, and half-and-half. Cook, uncovered, over medium heat for about 15 minutes to blend flavors; stir occasionally. Ladle into bowls and dust with nutmeg. Makes about 7 cups, 6 or 7 servings.

Per serving: 175 cal. (46 percent from fat); 6.5 g protein; 8.9 g fat (5.2 g sat.); 19 g carbo.; 566 mg sodium; 26 mg chol.

Lori Cloninger

Los Angeles

By Joan Griffiths, Richard Dunmire

FESTIVE AVOCADO PASTA PRIMAVERA

The More.

If you're looking for a way to spread good cheer this holiday season, look no more. ❋ The California Avocado is filled with reasons to celebrate. ❋ It's delicious in a festive salsa dip. Exquisite sliced over turkey or ham. And adds an element of surprise to your holiday stuffing. ❋ In fact the California Avocado is so versatile, it could take you from now until next year's holiday season to explore all its different uses. ❋ So put California Avocados at the top of your holiday shopping list. ❋ And have a happy, healthy new year.

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1992 California Avocado Commission

"Help!" pleads the holiday cook

IS IT OKAY TO ROAST a turkey that's been in my freezer for two years?" "What can I do to make the cookie dough less crumbly?"

Questions like these inundate consumer service hotlines, particularly around the holidays when both novice and experienced cooks run into trouble. Toll-free lines can save the day if you need help *now*.

The area code is 800, and most lines are closed on Thanksgiving, Christmas, and New Year's. P (i.e., Pacific), C, and E are time zones.

American Seafood Institute: 328-3474; 9 to 5 E Mondays through Thursdays.

Butterball Turkey Talk-Line: 323-4848; 8 to 8 C weekdays November 2 through 25 (except 8 to 6 November 21 and 22, 6 to 6 Thanksgiving), 8 to 6 weekdays November 27 through December 23. In Canada, also call 323-4848; hearing impaired can call TDD-3848.

Dole Food Company: 232-8888 for grocery products, 356-3111 for fresh vegetables; 541-2349 in Canada; 8 to 5:30 P weekdays.

Frieda's, Inc. (specialty produce): 241-1771; 8 to 4 P weekdays.

Land O'Lakes Holiday Bakeline: 782-9606; 8 to 6 C daily November 1 through December 24, including Thanksgiving.

National Center for Nutrition and Dietetics: 366-1655; 9 to 4 C weekdays.

The Pillsbury Company: 767-4466; 8 to 6 C weekdays.

Reynolds Metals Company (about turkey): 745-4000; 24 hours from November 1 through 30, including Thanksgiving.

Specialty Brands (Fleischmann's Yeast; about baking): 777-4959; 7 to 5 P weekdays.

USDA Meat and Poultry: 535-4555; 10 to 4 E weekdays year-round (except 9 to 5 weekdays November 1 through 30 and the weekend of November 21 and 22, and 8 to 2 Thanksgiving). ■

By Linda Lau Anusasananan

FRESH GREENS.

THIS IS THE MIXER FOR COOKS WHO ARE SERIOUS ABOUT BAKING. AND SHREDDING, SLICING, PUREEING, GRINDING, JUICING, EVEN PASTA MAKING. WITH A VARIETY OF OPTIONAL ATTACHMENTS, IT EASILY BECOMES A VERSATILE FOOD PREPARATION CENTER.

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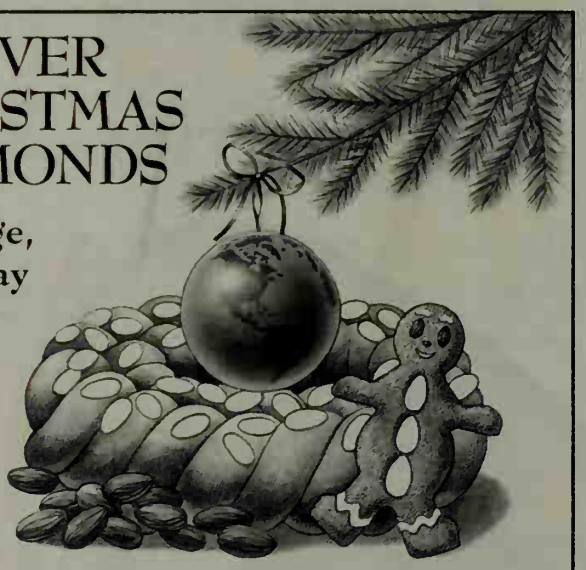
THE WORLD OVER IT'S NOT CHRISTMAS WITHOUT ALMONDS

Whatever your heritage, your traditional holiday confections probably use almonds.



German lebkuchen, spicy cookies dating back to the Romans. Italian panforte di Siena, a candy specialty since the Renaissance. Sicilian torrone. English mincemeats and puddings. Austrian and Czech braided breads. Irish fruited gingerbread. Latin American empañaditas. They're all made with almonds.

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DOUG WILSON

TURKEY SANDWICHES ON THE LINE: *Everyone came out a winner in Seattle turkey taste—and no one shared.*

And the winner is . . .

Who makes the best day-after-Thanksgiving turkey sandwich? This Seattle foursome fights it out

FRIENDLY competition is as American as Plymouth Rock and discussing what makes the best Thanksgiving menu. But the fray heated up last November 29 in Seattle. Four connoisseurs of turkey and trimmings entered the great annual debate: whose day-after-Thanksgiving turkey sandwich is best?

Though bread is the undisputed base, it's a foundation challenged. Steve Graham announced, "Rye!" Aki Takeda waved a baguette, Greg Malley defended white sliced, and Dave Cator scrambled the issue with egg bread.

The only standard ingredients were turkey and mayo, but even then there were preferences for dark or white meat, regular or reduced-calorie.

We aren't taking sides, or attempting to settle disputes. But we do think the following combos might inspire further evolution, in your hands, of a post-Thanksgiving turkey sandwich that will become a winner with your family.

ANYTHING-GOES SEATTLE TURKEY SANDWICH

Following are the essentials of the sandwich presentation. Measuring was for the faint-hearted; eye and appetite, it was mutually agreed, are the best guides.

Rye Graham. For the foundation, use sliced **light caraway rye bread.** For the fixings, spread bread lightly with **reduced-calorie mayonnaise,** add 1 or 2 thick slices **canned jellied cranberry sauce** (plain, not whole berry), top with slices of **dark turkey meat,** and add a few crisp **iceberg lettuce leaves.**

Baguette Takeda. Start with a long, thin **baguette** sliced lengthwise. Spread bread lightly with **margarine** followed by **mustard,** then generously with **mayonnaise.** Add sliced **white turkey meat;** slather it with **cream cheese.**

Top meat with thin slices of **smoked salmon** and drained **canned capers.** Next add thinly sliced **cucumber, tomato,** and **mild onion,** and finally a tangle of **alfalfa sprouts.** Cut crosswise into manageable hunks.

White Malley. The base is **thick-sliced white bread.** Spread lightly with **creamy Dijon mustard** and **reduced-calorie mayonnaise.** Top with slices of **dark and light turkey meat.** Sprinkle meat with **salt** and **pepper** to taste, then cover meat with thin slices of **smoked gouda cheese** (or jack cheese). Put meat-topped piece of bread in a microwave oven and heat just until cheese begins to melt. Let sit until cool enough to touch, then add a slice of **canned pineapple,** several slices of crisply cooked **bacon,** and some **butter lettuce leaves.** Finally, top with another slice of white bread.

Egg Cator. Start with sliced **egg bread.** Spread with enough **mayonnaise** to ooze, add several layers of thinly sliced **white turkey meat,** and cover the meat with paper-thin slices of **Granny Smith apple. Salt** lightly and **pepper** heavily.

Cator got the last word: "Don't let the simplicity fool you. This one is to die for!" ■

By Steven R. Lorton

Just how advanced are Krups coffee makers? This one, for example, has a pulse.

Wake up. Get out of bed. Drag a comb across your head. hat's about as advanced as ost of us get first thing in e morning.

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First, water is eated to the leal tempera- re. Then it's ulsed through e ground coffee precisely timed ntervals, blending the vo until all the coffee is the peak of rich, robust avor.

Krups Aroma Savor System

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Aroma, the soul of coffee

Ever stuck your nose in a n of fresh coffee, just for the nell of it? Krups coffee makers geniously lock in coffee's esh flavor and aroma with the nique Aroma Savor System™.*

As the last drop of coffee ows into the carafe, an "Aroma eal" is formed over the lid's enter hole, preventing evapo- tion and exposure to oxygen. nmediately after the first cup is poured, another seal is formed, this time over the pouring spout. In short, your last cup has as much flavor and aroma as the first.

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* Not available on all machines.

Krups coffee makers are available from $25 to $135. At fine department and specialty stores.

All Krups coffee makers feature Krups "Deep Brew" System, which pulses water through the coffee at precisely timed intervals, coaxing out the beans' rich, volatile spirit.

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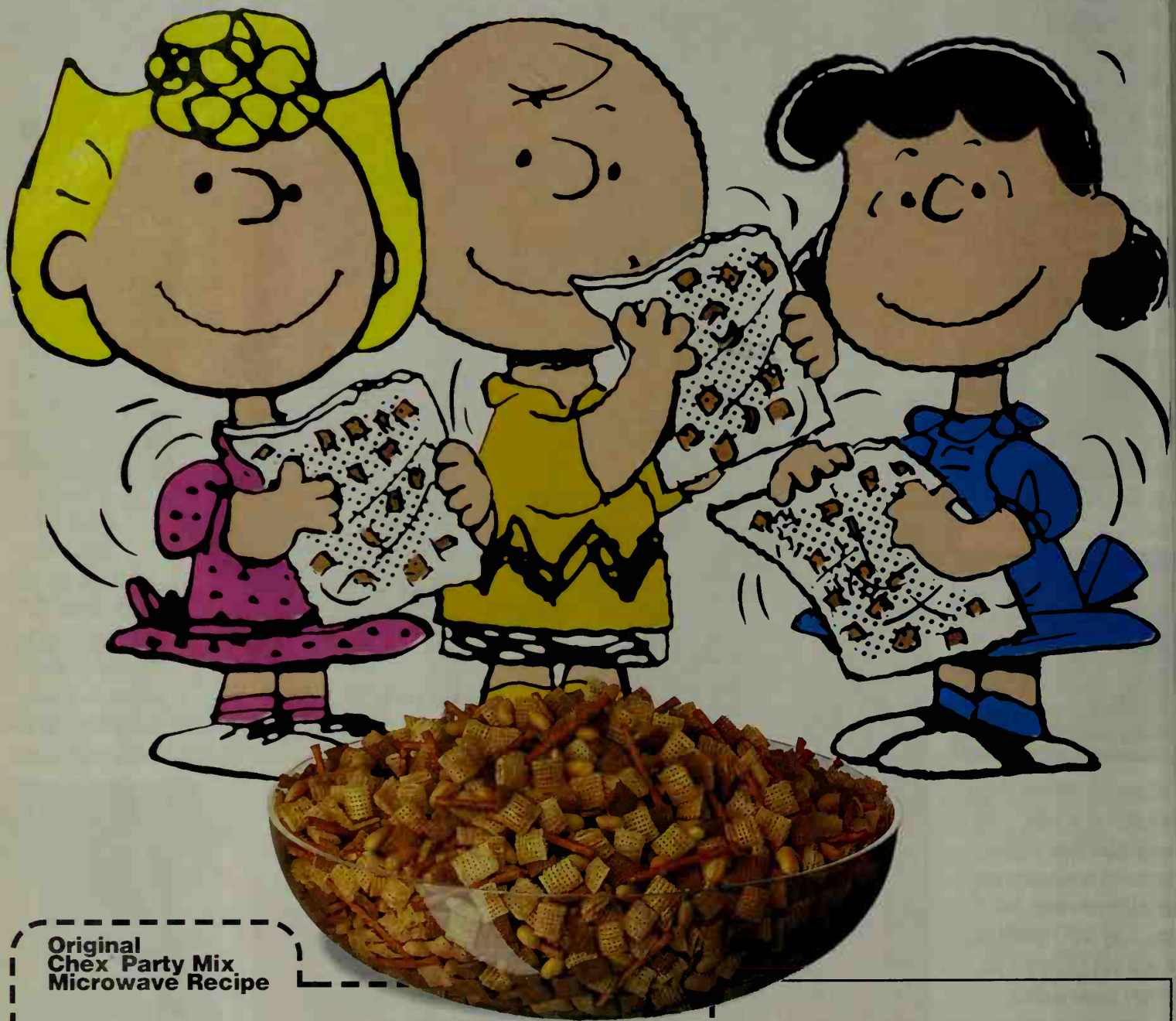

Original Chex® Party Mix Microwave Recipe

Ingredients:

1/4 cup (1/2 stick) margarine or butter
1 1/4 teaspoons seasoned salt
4 1/2 teaspoons Worcestershire sauce
8 cups of your favorite Chex brand cereals (Corn, Rice and/or Wheat)
1 cup mixed nuts
1 cup pretzels

1. In small microwave-safe bowl melt margarine on HIGH*. Add seasoned salt and Worcestershire sauce; mix well.
2. Pour cereals, nuts and pretzels into 2 gal. resealable plastic bag. Pour margarine mixture over cereal mixture. Seal top of bag and shake until pieces are evenly coated.
3. Pour contents of bag into large microwave-safe bowl. Microwave on HIGH 5 to 6 minutes, stirring every 2 minutes. Spread on absorbent paper to cool. Store in airtight container.

*These directions were developed using 625-700 watt ovens.

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Holiday Entertaining

THE NATURAL BEAUTY AND BOUNTY OF this season inspire our game plan for grand holiday entertaining. Fresh is the byword—in party foods, appetizers, the main course, accompaniments, relishes, and desserts, as well as in decorations for home and table.

Sharing is part of the joy, especially when food is involved. Here you'll find cookies to give, dishes that travel well for communal feasts, and recipes with many make-ahead steps to fit into tiny windows of time. If preparing for a party seems impossible, try one that includes a request for appetizers with the invitation.

The lavishness of holiday dining is quietly dealt with in many dishes; fat is cut where it goes unnoticed, except at weighing-in time—or in nutrition information with the recipe. Nonetheless, you'll find glorious pies, magnificent roasts, and plenty of good spirit all round. Welcome.

NORMAN A. PLATE

CROWN PORK *roast reigns over Christmas dinner.*

GREAT TO SEE *you! Let me help. Sharing makes entertaining more entertaining.*

"GORGEOUS APPLES! *They'll be great with the cheese I asked my neighbor to bring." Effort shared among guests takes the work out of this party. On the table (from left foreground) are couscous sushi, hominy hummus, baked beans and sausage, wings with guacamole, escargot tumble, fruit and cheese.*

Share the work and share the fun

A SPONTANEOUS INVITATION EXTENDED WITH A REQUEST TO BRING ALONG nibbles—for a designated number of guests—is a popular way busy people make parties happen. This is just such a party. The recipes use ingredients found in almost any market, so guests assigned (by fax, perhaps) to prepare them won't have to make special shopping trips. The dishes also can be made ahead, a boon for those coming from the office—or for the hosts, should they decide to take on the whole menu.

Beverages can be handled in the same relaxed fashion. These foods go with a wide range of wines, beers, fruit juices, or bottled waters. Invite guests to bring what they like, or provide a variety they will enjoy.

HOLIDAY APPETIZER PARTY FOR 10 TO 12

Hominy Hummus **Couscous Sushi**
Hot Fajita Wings with Guacamole
Escargot Tumble **Golden Fruits with Chèvre**
Baked Beans and Sausage Bites
Selection of Wines, Beers, Juices, and Waters

NORMAN A. PLATE

Hominy Hummus

For every 8 to 10 servings, offer about 2 pounds rinsed, trimmed raw vegetables such as bell peppers, jicama, and celery.

- 1 can (14½ oz.) golden hominy
- 1 can (8 oz.) creamed corn
- 2 tablespoons lemon juice
- 1 clove garlic
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne
- ¼ cup chopped radishes
- Crisp raw vegetables

Drain the hominy. In a food processor or a blender, combine the hominy, creamed corn, lemon juice, garlic, cumin, and cayenne. Whirl until smooth. Mound hummus into a bowl. (If making ahead, cover and chill up to a day; let warm to room temperature.)

Sprinkle hummus with chopped radishes and offer crisp raw vegetables to scoop up the mixture. Makes about 1⅔ cups hummus, 8 to 10 appetizer servings.

Per tablespoon: 18 cal. (10 percent from fat); 0.4 g protein; 0.2 g fat (0 g sat.); 4 g carbo.; 59 mg sodium; 0 mg chol.

NORMAN A. PLATE

MUNCH A FAJITA WING, *then try couscous, seasoned like sushi, on a crisp seaweed square. All the appetizers hold up well, so the party can focus on conversation, songs, and games.*

Couscous Sushi

- ½ cup couscous
- ½ teaspoon Oriental sesame oil
- ⅓ cup minced carrots
- ¼ cup seasoned rice vinegar (or ¼ cup distilled white vinegar plus 1½ tablespoons sugar)
- 2 ounces shelled cooked tiny shrimp
- ¼ cup thinly sliced green onion
- 2 tablespoons shredded pickled ginger
- About 3 dozen toasted nori (dried seaweed) squares, about 4-inch size
- Soy sauce
- Wasabi (directions follow) or prepared horseradish

In a 1- to 1½-quart pan, bring 1 cup water to a boil. Stir in couscous and oil; cover pan tightly and remove from heat. Let stand until couscous absorbs water, about 5 minutes. Transfer to a bowl. Lightly stir in carrots; let cool. Gently mix in vinegar, shrimp, and onion. Spoon into a serving bowl; top with ginger. (If making ahead, cover and chill up to 6 hours.)

To eat, spoon couscous mixture onto nori; add soy and wasabi to taste. Makes about 2⅓ cups, 8 to 10 appetizer servings.

Per tablespoon: 21 cal. (4.3 percent from fat); 1.2 g protein; 0.1 g fat (0 g sat.); 3.9 g carbo.; 39 mg sodium; 3 mg chol.

Wasabi. To make each tablespoon, mix about 2 tablespoons **wasabi powder** (green horseradish) to a firm paste with about 2 teaspoons **water.**

Hot Fajita Wings with Guacamole

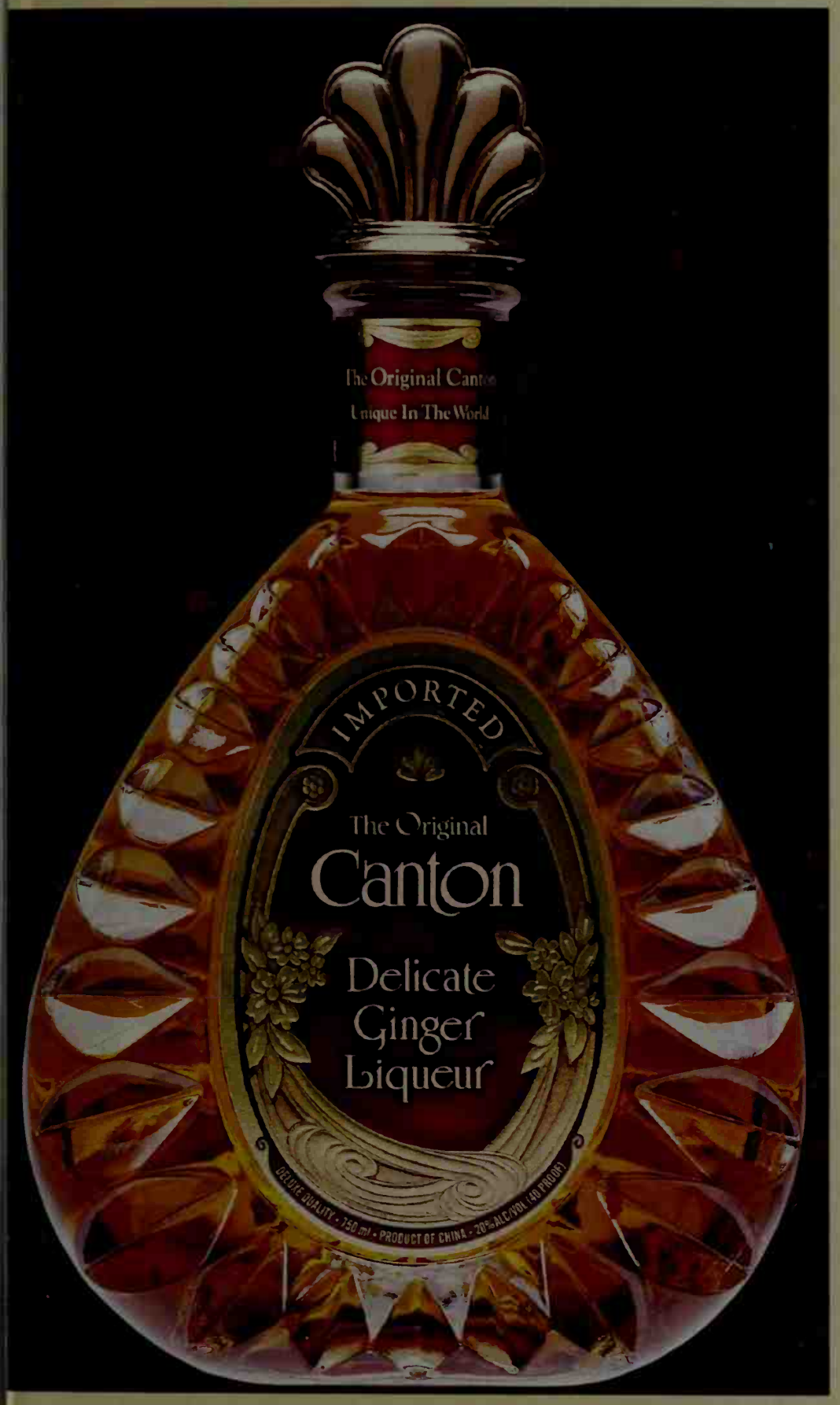
- ¼ cup honey
- 2 tablespoons lime juice
- 2 tablespoons chili powder
- 2 tablespoons soy sauce
- 2 to 2½ pounds chicken wings, shoulder and midsection only, cut apart
- 1 carton (6 oz.) frozen avocado dip, thawed; or 1 cup homemade guacamole

In a large plastic bag, mix honey, lime juice, chili powder, and soy sauce. Add wings; seal bag and mix to coat. Chill, turning occasionally, at least 1 hour or up to a day.

Lift out wings and place in a single layer on racks in 2 broiler pans, each about 10 by 15 inches. Bake in a 450° oven 15 minutes. Turn pieces over and continue baking until browned, 25 to 30 minutes. (If making ahead, let cool, wrap airtight, and chill up to 1 day; serve at room tem-

(Continued on page 154)

ANYONE WHO IS SERIOUS ABOUT FINE LIQUEURS SHOULD OWN A BOTTLE.



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Bertolli Risotto e Gamberetti Risola

2 Tbsp. Bertolli Classico Olive Oil
2 Tbsp. diced red onion
1-1/4 cups imported or domestic medium or long grain white rice
1/3 cup dry white wine
4 to 5 cups unsalted chicken broth, kept hot over low heat
12 oz. shrimp, shelled and deveined
1 cup peas
1 tsp. julienne lemon rind
1 Tbsp. fresh lemon juice
1/2 tsp. salt, or more to taste
Freshly ground black pepper, to taste
Finely chopped fresh basil or Italian parsley

1. Heat 1 Tbsp. of Bertolli Olive Oil in a large saucepan over low heat. Add onion. Cook, stirring, until tender, 5 min. Stir in rice and coat with the oil.

2. Add wine, heat to boiling; stir over high heat until almost evaporated. Stir in 1 cup of the chicken broth, stirring, until broth is absorbed. Continue adding broth, about 1/2 cup at a time, stirring constantly. Each portion should be absorbed before adding the next. With last 1/2 cup broth, add shrimp, peas, lemon. Cook, uncovered, stirring constantly, until broth is absorbed and rice is tender to the bite, the dish is moist & creamy, and shrimp are cooked through, 5 to 8 min. Add remaining 1 Tbsp. Bertolli Olive Oil & lemon juice; stir in salt and black pepper, to taste.

3. Arrange to suit on plate and garnish with fresh parsley and/or basil. Serves 4.

Risotto e Gamberetti Risola

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perature or reheat in a single layer in pans in a 350° oven for about 10 minutes.) Put wings on a platter.

Place avocado dip in a bowl set on platter with the wings. Makes 8 to 10 appetizer servings.

Per serving: 170 cal. (53 percent from fat); 10 g protein; 10 g fat (2.4 g sat.); 10 g carbo.; 363 mg sodium; 29 mg chol.

Escargot Tumble

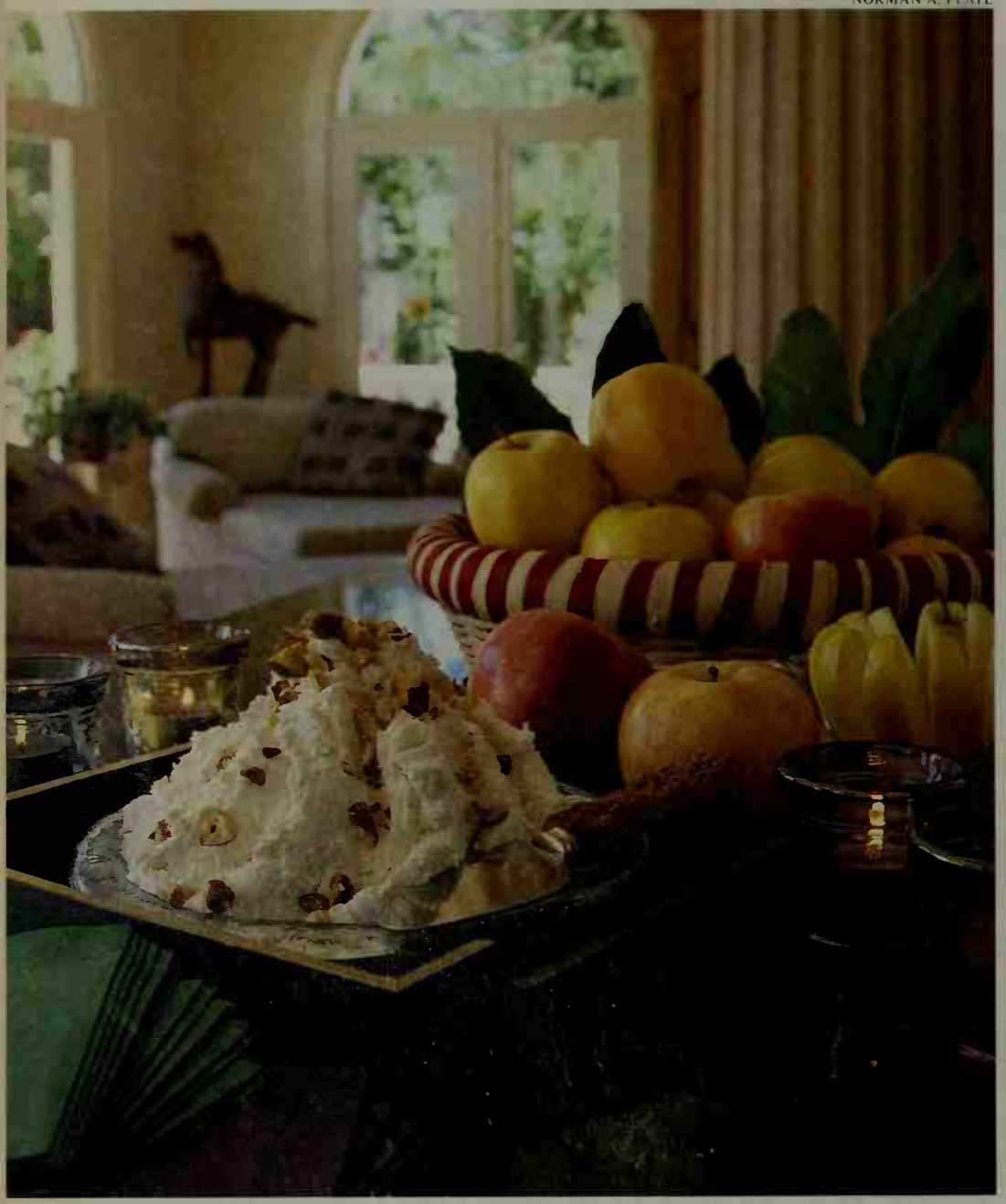
- ½ pound firm chorizo sausage, coarsely chopped
- 1 can (4½ oz.) extra-large snails, rinsed and coarsely chopped (or omit snails and use ¼ lb. more firm chorizo sausage)
- 2 cloves garlic, pressed or minced
- 1 can (5 oz.) sliced water chestnuts, drained and chopped
- ¼ cup finely chopped parsley
- Fresh parsley sprigs
- About 3 dozen small (about ¼ lb. total) butter lettuce leaves, rinsed and crisped

Combine chorizo, snails, and garlic in a 10- to 12-inch frying pan. Stir over medium-high heat until sausage is lightly browned, about 8 minutes. Drain fat. Stir in water chestnuts and chopped parsley.

Pour mixture into a bowl; garnish with parsley sprigs. Serve warm (keep hot on an electric warming tray or in a hot water jacket over a low flame). Spoon mixture, a portion at a time, into lettuce leaves. Makes about 2⅔ cups filling, 10 appetizer servings.

Per serving: 120 cal. (67 percent from fat); 7.6 g protein; 8.9 g fat (3.3 g sat.); 2.5 g carbo.; 64 mg sodium; 5.7 mg chol.

NORMAN A. PLATE



HAZELNUT BITS STUD *swirl of fresh goat cheese; spread onto apple wedges.*

Golden Fruits with Chèvre

- 2 tablespoons hazelnuts
- 8 to 10 ounces fresh or ripened chèvre cheese (or chèvre fromage blanc)
- 3 small (about 1⅓ lbs. total) Golden Delicious apples or firm-ripe Bosc or Comice pears

Place nuts in a 9- to 10-inch-wide pan. Bake in a 350° oven until nuts are toasted under the skin, about 10 minutes. Pour nuts onto a towel and rub to remove loose skin. Lift nuts from towel; discard the skins. Coarsely chop the nuts.

Arrange cheese on a board or platter. Sprinkle with toasted nuts. Mound apples or pears alongside. Offer an apple wedge cutter or a knife to slice whole fruit, 1 piece at a time. To eat, spread cheese and nuts onto fruit slices. Makes 8 to 10 appetizer servings.

Per serving: 107 cal. (56 percent from fat); 4 g protein; 6.6 g fat (0.1 g sat.); 9.3 g carbo.; 224 mg sodium; 0 mg chol.

Baked Beans and Sausage Bites

- 1 can (16 oz.) pinto beans, drained
- 1 can (16 oz.) baked beans
- 1 small (about 6 oz.) red onion, chopped
- 1 tablespoon mustard seed
- ¼ pound Polish sausage, sliced ¼ inch thick
- 2 cans (16 oz. each) Boston brown bread or 1 pound sliced raisin bread

In a shallow 1- to 1½-quart casserole, mash pinto beans. Stir in baked beans, all but 2 tablespoons of the onion (wrap remainder airtight and chill up to a day), and mustard seed. Scatter sausage over beans. (If assembling ahead, cover and chill up to a day.)

Cut brown bread in half lengthwise, then crosswise into ⅓-inch-thick slices; if desired, cut slices in half. Or cut raisin bread slices into quarters. Lay pieces close together on 12- by 15-inch baking sheets. Bake in a 400° oven until bread is toasted, about 15 minutes; turn slices after 6 minutes. Serve warm or cool; wrap cool bread airtight up to a day.

Bake beans, uncovered, in a 400° oven until bubbly, 30 to 40 minutes. Sprinkle reserved onion over beans. Serve hot or warm; spoon beans and sausage onto bread. Makes about 4 cups, 10 to 12 appetizer servings.

Per serving: 259 cal. (16 percent from fat); 9.3 g protein; 4.5 g fat (1.1 g sat.); 47 g carbo.; 502 mg sodium; 9.3 mg chol. ■

By Linda Lau Anusasananan

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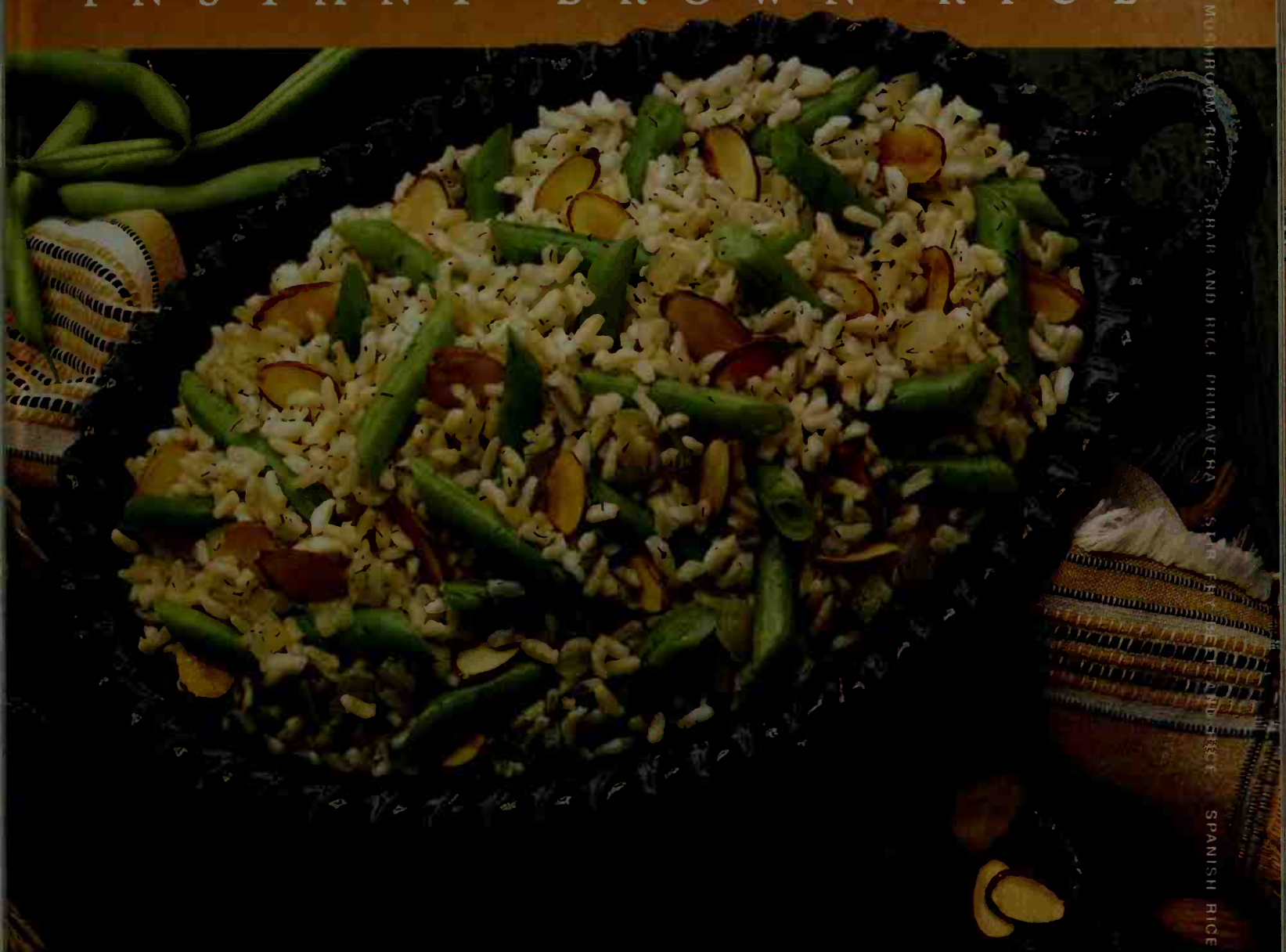

RICE ALMONDINE

1 medium onion, chopped
2 teaspoons margarine
1¼ cups chicken broth
1 tablespoon lemon juice
½ teaspoon garlic powder
1½ cups MINUTE® Instant Brown Rice
1 cup frozen cut green beans, thawed
2 tablespoons toasted sliced almonds
½ teaspoon dill weed

► Cook and stir onion in hot margarine until tender. Add broth, lemon juice and garlic powder. Bring to boil.

► Stir in rice. Return to boil. Reduce heat to low; cover and simmer 5 minutes. Remove from heat.

► Stir in green beans, almonds and dill; cover. Let stand 5 minutes. Serves 6.

Nutrition Information per Serving: 130 calories, 4 g protein, 22 g carbohydrate, 3 g fat, 0 cholesterol, 180 mg sodium, 2 g dietary fiber.

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RECIPES •

PETER CHRISTIANSEN

COLORFUL AS NAUTICAL FLAGS, *puff pastry appetizers with caviars and chives signal good dining ahead.*

Fabulous first courses

THE FIRST COURSE IS A LOT LIKE A PRETTY RIBBON. IT SETS UP anticipation for good things to come. The aim of such an offering is to bring not only satisfaction, but attention, too. Not unexpectedly, therefore, much consideration is often devoted to appearance as well as taste in creating artful tidbits such as these: caviars as fine as your purse permits triangulated on crisp pastry, artichokes cut to show off with shrimp, pink smoked salmon draped beside a golden citrus sauce, wild mushrooms daringly perched on crunchy polenta boards. Sound complex? It's more show than effort.

Art Deco Caviar

In a hurry? Skip the pastry and use 8 toasted white bread triangles as the base for these appetizers; the results aren't quite as fancy, but you'll feel more relaxed.

½ pound (½ of a 1 lb. package) puff pastry, thawed if frozen

About 3 ounces (⅓ cup) salmon or other red caviar

About 2 ounces (¼ cup) sevruga or other dark caviar

3 ounces (about ½ cup) neufchâtel cheese

2 tablespoons light sour cream or unflavored nonfat yogurt

1 tablespoon instant toasted onion

30 to 40 chive spears (about 12 in. long), rinsed and drained

Lemon wedges

On a lightly floured board, roll puff pastry until it is slightly larger than 4 by 16 inches. Trim edges, cutting straight down with a sharp, floured knife, to make a 4- by 16-inch rectangle. Cutting the same way, divide rectangle into 4 squares (4 in. each). Cut each square in half diagonally to make 8 triangles.

Carefully (to avoid crumpling edges) place pastry pieces well apart on a 12- by 15-inch baking sheet. Pierce each all over with the tines of a fork. Bake in a 375° oven until a rich golden brown, about 20 minutes. Transfer to racks to cool. As soon as

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SPICED PUMPKIN CHEESECAKE

Crust	Filling	
1¼ cups graham cracker or vanilla wafer crumbs	3 pkg. (8 oz. each) Neufchatel or cream cheese, softened	1¼ tsp. Schilling ground Cinnamon
½ cup finely chopped walnuts	¾ cup sugar	1 tsp. Schilling Vanilla Powder or pure Vanilla Extract
¼ cup sugar	¾ cup packed brown sugar	½ tsp. Schilling ground Nutmeg
5 tbsp. melted margarine	4 eggs	¼ tsp. Schilling ground Cloves
½ tsp. Schilling ground Nutmeg	1 can (16 oz.) pumpkin	

Preheat oven to 350°F. Combine all crust ingredients and press firmly into bottom and halfway up sides of a 10-inch springform pan. In a large bowl, beat cream cheese and both sugars together with an electric mixer until fluffy. Add eggs, one at a time, beating well after each addition. Stir in remaining ingredients. Pour into crust. Bake 1 hour 20 minutes. Cool completely, cover and refrigerate overnight. To serve, remove springform ring and top with whipped cream, if desired. Makes 16 servings.

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the pastries are cool, use them or pack them airtight and let stand at room temperature up to a day.

If caviars taste quite salty (or are dyed), place them individually in a fine strainer and rinse gently with cool water. Pat bottom of strainer with a towel to remove excess moisture; cover and chill caviar while assembling appetizers.

In a small bowl, smoothly mix together cheese and sour cream. Stir in onion. Spread mixture evenly on tops of pastry triangles.

Cut 16 chive pieces, each 1½ inches long. Finely chop remaining chives. On each cheese-topped triangle, position 2 chive pieces to divide surface into 3 equal areas; press down lightly to hold in place.

Using a small spoon and a slender skewer or toothpick to guide, fill 1 area on each pastry with chopped chives; fill another with red caviar, and the last with dark caviar. Serve at once, adding lemon to taste. Serves 4 or 8.

Per piece: 196 cal. (60 percent from fat); 7.2 g protein; 13 g fat (1.4 g sat.); 12 g carbo.; 461 mg sodium; 111 mg chol.

Artichokes with Thai Shrimp Salsa

- ½ cup seasoned rice vinegar (or ½ cup rice vinegar and 1 tablespoon sugar)
- 1 tablespoon mustard seed
- 1 teaspoon black peppercorns
- 4 thin slices (each about the size of a quarter) fresh ginger
- 3 large (4 to 4½ in. wide, about ¾ lb. each) artichokes
- ¾ pound shelled cooked tiny shrimp
- ⅓ cup minced pickled scallions
- ¼ cup minced fresh cilantro (coriander)
- ¼ cup minced fresh or 2 tablespoons crumbled dried mint leaves
- 2 tablespoons fish sauce (*nuoc mam* or *nam pla*) or soy sauce
- ¼ to ½ teaspoon hot chili oil
- Fresh cilantro and mint sprigs, rinsed and drained

In a 6- to 8-quart pan, combine ¼ cup vinegar, mustard seed, peppercorns, and ginger with 4 quarts of water. Cover and bring to a boil over high heat.

Meanwhile, remove coarse outer leaves from artichokes and trim stems flush with bases. With a sharp knife, cut off top third of each artichoke. With scissors, trim thorny tips off remaining leaves.

Immerse artichokes in cold water and swish back and forth vigorously to release debris; shake out water.

Place artichokes in boiling liquid. Cover, reduce heat, and simmer until bottoms are tender when pierced, about 35 minutes. Drain, reserving liquid. Let artichokes stand until cool enough to touch (if making ahead, wrap airtight and chill up to a day).

Pour cooking water through a fine strainer and reserve seed.

In the strainer, rinse shrimp with cool water; drain and mix with reserved seed, remaining vinegar, pickled scallions, minced cilantro, minced mint, fish sauce, and chili oil to taste. If making ahead, chill airtight up to a day.

With a large, sharp knife, cut each artichoke in half vertically. Remove sharp pointed inner leaves and scoop out fuzzy centers. Set each half on a salad plate. Spoon shrimp mixture equally into artichoke cavities. Garnish with cilantro and mint sprigs. Serves 6.

Per serving: 114 cal. (11 percent from fat); 15 g protein; 1.4 g fat (0.2 g sat.); 11 g carbo.; 657 mg sodium; 111 mg chol.

(Continued on page 160)

NORMAN A. PLATE

A CASCADE *of spicy shrimp tumbles over fanned artichoke leaves.*

Cappelletti "Little Hats"
Stuffed pastas often need no sauce, only melted butter and herbs. For a more divine dish, try Cappelli di Prete – "Priest's Hats".

Fettuccine "Small Ribbons"
Best with butter and cheese sauce. Italians say twirling it against a spoon is "for milquetoasts". Be warned.

Gemelli "Twins"
For cheese sauces. Colors add little flavor. Squid ink in black pasta, for instance, adds no taste. To the relief of many, we suspect.

Have you ever eaten little hats, large ears, or radiators?

Radiatori "Little Radiators"
Italians eat it al dente, or "firm to the bite". Radiatori al dente is "Radiators, firm to the bite". Tough, those Italians.

Orecchioni "Large Ears"
Can be stuffed with wild boar, lobster, or – the most popular – leftovers.

Linguine "Small Tongues"
For delicate sauce. Or spicy or creamy or tomato or seafood sauce. Did we miss any?

The bewildering variety of pastas is intimidating. Choosing a wine, however, is somewhat easier. Only the original White Zinfandel, created by Sutter Home, has the hint of fresh berries and clean, crisp finish that brings out the best in any meal. Whether it's hats . . . or ears.

Occhi di Trota "Trout's Eyes"
For broths. Main course soups need pastas heavier than Trout's Eyes such as, you guessed it, "Wolf's Eyes" (Occhi di Lupo).

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NORMAN A. PLATE

TART-SWEET CITRUS SAUCE *dresses up smoked salmon and greens.*

Smoked Salmon with Citrus Mélange

- 1 teaspoon *each* grated orange and grated lemon peel
- 2 tablespoons sugar
- 1¼ cups orange juice
- ¼ cup lemon juice
- 2 teaspoons cornstarch blended with 1 tablespoon water
- ¾ pound thinly sliced smoked salmon
- 4 to 5 cups (about 3¼ oz.) mixed salad greens or mesclun, rinsed and crisped
- 3 tablespoons finely chopped roasted, salted pistachios

In a bowl, combine orange and lemon peels with 1 tablespoon sugar; press with a spoon to mingle flavors.

In a 1- to 1½-quart pan, combine remaining sugar and the juices. Boil, uncovered, on high heat until reduced to 1 cup. Mix in peel with sugar and cornstarch mixture; stir until liquid boils again. Let cool; if making ahead, cover and chill up to 4 hours.

Fan salmon slices equally along 1 side of 8 salad plates, rippling them slightly. Tuck equal portions of salad

In a national taste test, Healthy Favorites™ BRAND bologna beat Healthy Choice.

greens beside fish, leaving about ¼ of plate empty; spoon cool sauce into empty area, and a little over greens. Sprinkle with nuts. Serves 8.

Per serving: 104 cal. (30 percent from fat); 8.7 g protein; 3.5 g fat (0.6 g sat.); 9.7 g carbo.; 362 mg sodium; 9.8 mg chol.

Wild Mushroom Polenta Boards with Roasted Garlic

- 1 medium-size head garlic
- 2 tablespoons extra-virgin olive oil or salad oil
- ½ pound fresh shiitake mushrooms
- ½ pound fresh chanterelles
- ½ pound fresh oyster mushrooms
- 1 tablespoon minced fresh or 1½ teaspoons crumbled dried rosemary leaves
- 1 tablespoon minced fresh or 1½ teaspoons dried rubbed sage
- 2 teaspoons cornstarch mixed with ¾ cup regular-strength chicken broth
- Polenta boards (recipe follows)
- 2 tablespoons shredded parmesan cheese
- Fresh rosemary and sage sprigs (optional)

Cut garlic head in half crosswise. Pour 1 tablespoon oil into an 8- or 9-inch-wide pan. Place garlic, cut sides down, in pan. Bake in a 350° oven until cut sides are golden brown, about 45 minutes. When cool enough to touch, squeeze cloves from skins; discard skins. Mash garlic.

Meanwhile, quickly immerse mushrooms in water to rinse. Lift from water; drain. Trim the shiitake stems and the discolored stem ends of chanterelles and oyster mushrooms. Thinly slice the shiitakes and chanterelles.

In a 5- to 6-quart pan, combine remaining oil, mushrooms, and minced rosemary and sage. Cover and cook over medium-high heat until mushrooms are juicy, about 8 minutes. Uncover; stir often until liquid evaporates and mushrooms are browned, 15 to 20 minutes. (If making ahead, cool, cover, and chill up to a day; reheat to continue.) Add garlic and cornstarch mixture; stir until boiling.

Lay polenta boards side by side on a 12- by 15-inch baking sheet; spoon hot mushroom sauce equally onto centers. Sprinkle mushrooms with cheese. Broil 4 to 6 inches from heat until sizzling, about 2 minutes. With a spatula, transfer to 6 plates; garnish with herb sprigs. Serves 6.

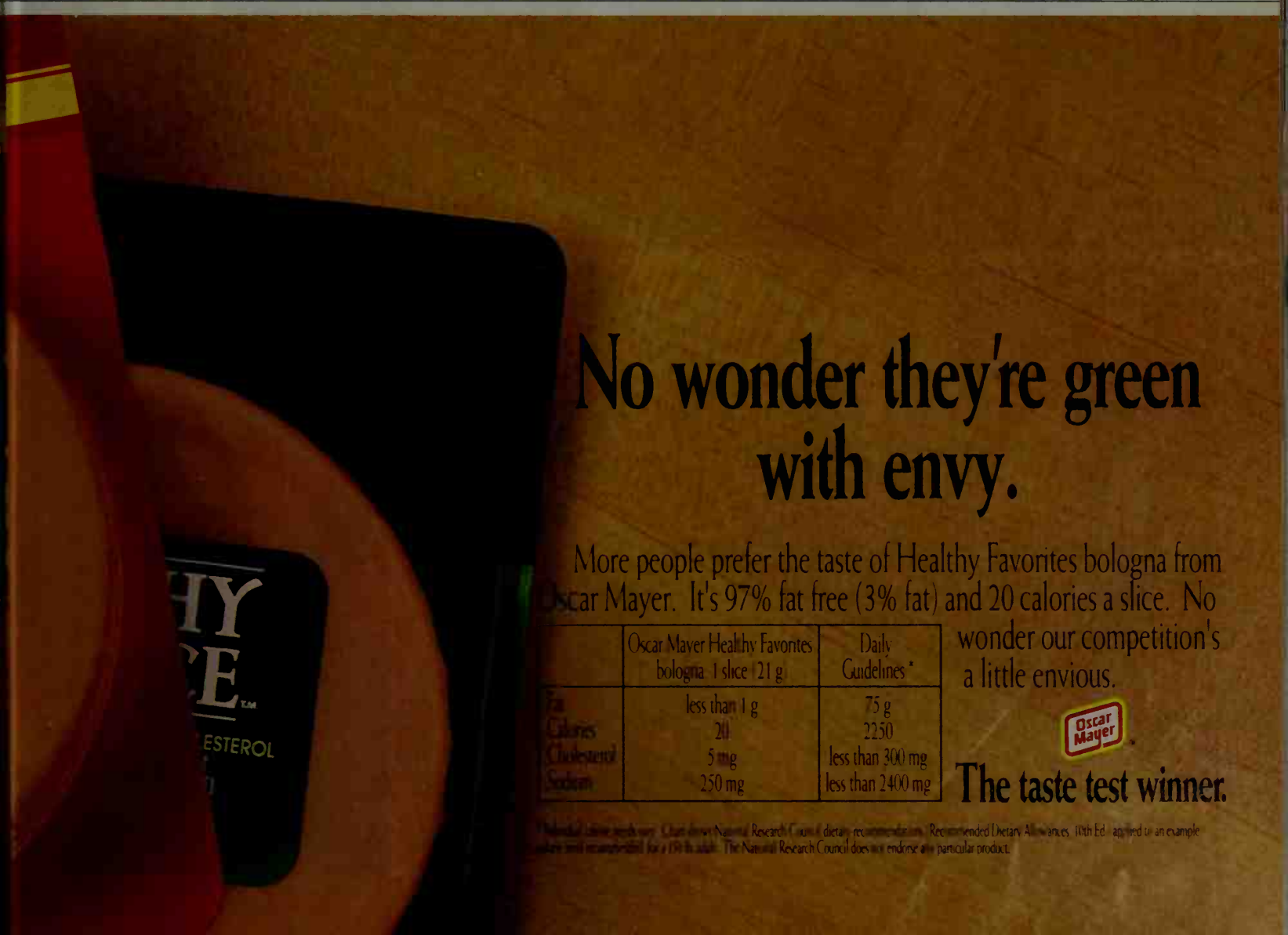
Per serving: 212 cal. (30 percent from fat); 7.7 g protein; 7 g fat (2.2 g sat.); 32 g carbo.; 188 mg sodium; 7 mg chol.

Polenta boards. In a food processor or a bowl, mix ½ cup **all-purpose flour,** ½ cup **polenta** or yellow cornmeal, ¼ cup **instant nonfat dried milk,** and 1½ teaspoons **baking powder.** Add 1 tablespoon **butter** or margarine; whirl or rub with fingers until coarse crumbs form. Add ⅓ cup **water;** whirl or stir with a fork until dough begins to form a ball. Pat into a ball and knead briefly on a lightly floured board until dough sticks together smoothly.

Divide into 6 equal portions; cover with plastic wrap. On a well-floured board, roll 1 piece at a time into a randomly shaped 6- to 7-inch round. Put on a 12- by 15-inch baking sheet and cover with plastic wrap. Repeat to shape remaining pieces, spacing slightly apart on sheet (you'll need to use 2 pans, or bake in sequence).

Bake in a 350° oven until crusts are lightly browned, 12 to 14 minutes. If making ahead, wrap cool crusts airtight and hold up to a day. ■

By Christine B. Weber


No wonder they're green with envy.
More people prefer the taste of Healthy Favorites bologna from Oscar Mayer. It's 97% fat free (3% fat) and 20 calories a slice. No wonder our competition's a little envious.
Oscar Mayer
The taste test winner.

USE LEAVES, *evergreen sprays, flowers, citrus slices, or small chilies to decorate ice decanters molded in empty milk cartons.*

PETER CHRISTIANSEN

Icy decanters, warming eggnog

SHIMMERING ICE-CLAD BOTTLES OF VODKA OR OTHER SPIRITS, WITH decorations sealed in the ice, make an amusing way to offer liquors that are syrupy and flavorful when super-chilled—like aquavit, vodka, or gin. To avoid dissipating the cold quickly, serve these beverages in tiny glasses for sipping "neat."

In heated contrast, eggnog lattes are a seasonal derivation of caffelatte (or cappuccino) to enjoy after dinner or as dessert. This brew is particularly popular in the Northwest, where coffee has long been a passion. For an especially luxurious refreshment, add a favorite liqueur to the hot eggnog latte to taste. Try some of the variations we describe here or experiment to create some of your own.

Decorated Ice Decanter

To make a mold, cut triangular top from a clean ½-gallon milk carton. Check bottle shape of the liquor you want to freeze. There should be at least ¼ inch between milk carton and bottle all the way around. If bottle is too large, choose one that does fit and pour liquid into it; chill.

On the carton, fold ¼ inch of

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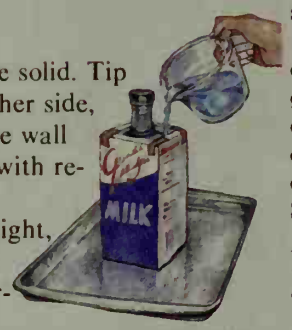
PETER CHRISTIANSEN

EGGNOG FOR LATTES *develops a thick, creamy head of foam when steamed, beaten, or whirled in a blender.*

top edge in at a 45° angle to make a rim. Tape the corners to secure.

Lay carton on its side in a rimmed pan. Arrange decorations (see suggestions in photo caption, page 162). Set pan level in freezer. Add about ⅛ inch water to carton; if decorations float, rearrange. Freeze solid. Tip carton onto another side, and repeat to line wall with ice; repeat with remaining sides.

Sit carton upright, put liquor bottle in carton, fill carton with water, and freeze until solid. After 8 hours, package for freezer storage so ice won't evaporate.



LUCY I. SARGEANT

To serve, peel carton away from bottle. Use a towel to hold bottle; it will be cold and slippery. Return bottle to freezer or set it in a shallow bowl to catch drips when not serving.

Frothy Eggnog Plus

Eggnog lattes are delicious on their own, and can be served at brunch, as dessert, or mixed with liqueurs to make luxurious refreshments.

Liqueurs you might choose to serve in coffees, like brandy or cognac, work well. Amaretto and frangelico are pleasing, as are chocolate and coffee liqueurs. Add to taste to hot eggnog lattes.

Eggnog Latte

2 cups purchased eggnog
2 cups hot strong coffee or espresso
Cinnamon sticks (optional)
Freshly grated nutmeg (optional)

Pour eggnog into a 1½- to 2-quart pan. Stir often over medium heat until eggnog is hot, about 6 to 8 minutes. To make frothy, whip with a mixer at high speed while on the heat, or whirl in a blender. (Or heat and froth with steam jet of an espresso maker).

Immediately divide coffee among 2 or 4 cups or among heat-resistant glasses (1 cup or 2 cups each), then add eggnog and foam, distributing equally. Add a cinnamon stick and a dusting of nutmeg to each cup. Serves 2 or 4.

Per serving: 174 cal. (49 percent from fat); 4.9 g protein; 9.5 g fat (5.6 g sat.); 18 g carbo.; 71 mg sodium; 75 mg chol. ■

By Christine B. Weber

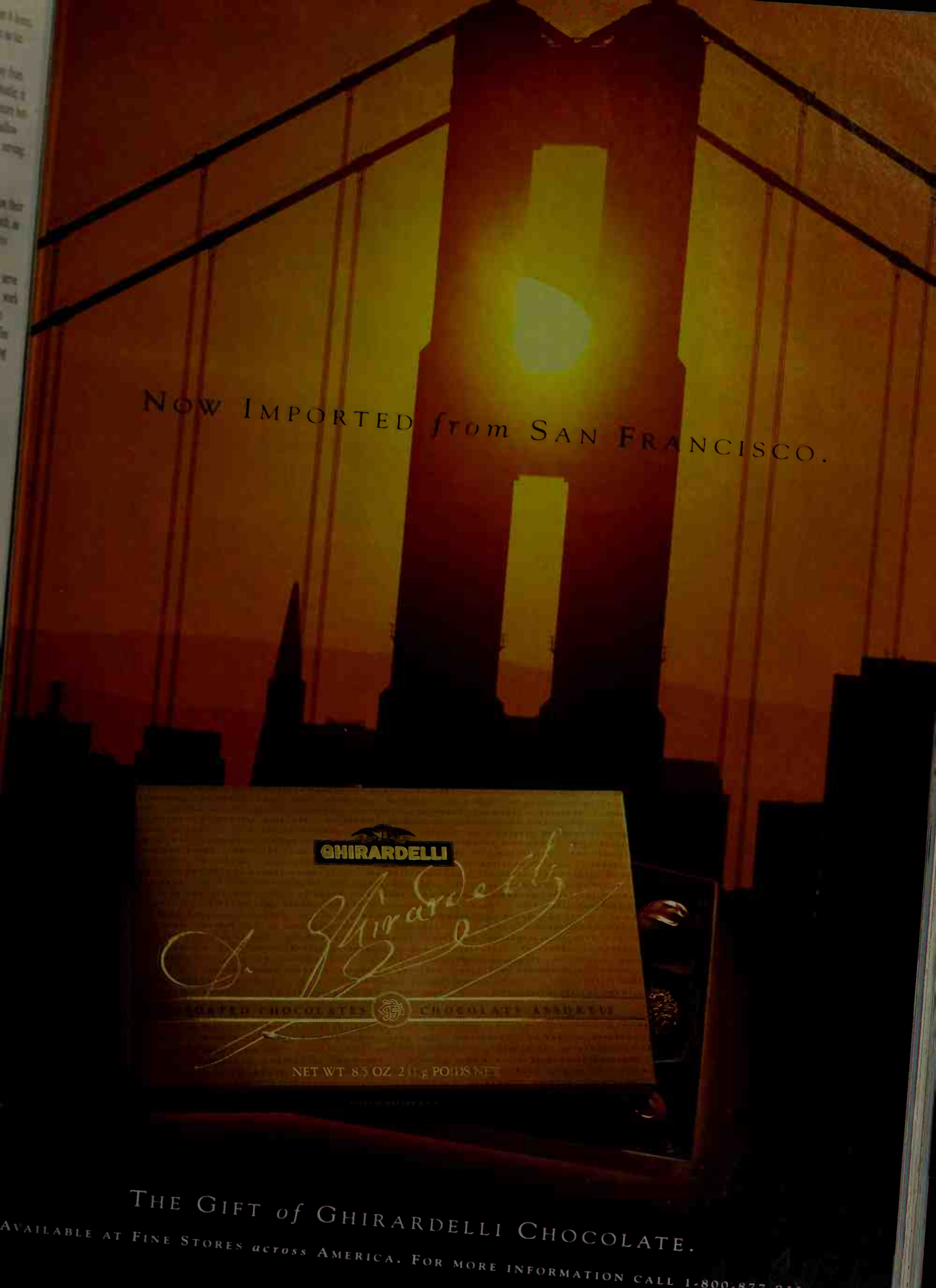
THE BEVERAGE DILEMMA WHEN PARTIES ARE FREE-FLOWING

With waters competing as a beverage of choice, fruit drinks proliferating like hybrids (and cross-pollinating with waters), wines made in more styles and places, the explosion of microbreweries, and the evolution of nonalcoholic wines and beers, hosts who hope to please the expanding tastes of guests at large holiday parties are often in a state of confusion.

Variety is the easiest answer for events like open houses, where people come and go. Set up the bar as self-service, with a collection of beverages. Then let guests make their own selections. Be sure to have a generous supply of waters or fruit juices for those who prefer nonalcoholic beverages or are acting as designated drivers.

NORMAN A. PLATE

BAR SINK *works well for chilling beverages because melting ice can drain; bottles won't float.*



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Glazed Cure 81® Ham

1 Cure 81® whole or half ham
1 can whole cranberry sauce
1 cup brown sugar
¼ cup orange juice
½ tablespoon corn starch
⅛ cup water

Bake Cure 81® ham according to label directions. Meanwhile, combine next three ingredients in sauce pan. Heat slowly. Add corn starch and water until thickened. 30 minutes before ham is done, remove from oven. Score surface, spoon on glaze. Continue basting with glaze during last 30 minutes of baking.

Antipasto

1 16-oz. pkg. frozen mixed vegetables
4 oz. Mozzarella cheese, cut in ½-inch cubes
¼ cup bottled Italian salad dressing
1 3½-oz. pkg. Hormel Homeland® Hard Salami
1 3½-oz. pkg. Hormel Di Lusso® Genoa Salami
1 3½-oz. pkg. Hormel Pepperoni
Leaf lettuce

Cook vegetables according to package directions. Drain; rinse under cold water. In large bowl, toss together vegetables, cheese and salad dressing. Roll up each meat slice. Spoon vegetable mixture onto lettuce-lined platter. Arrange meat around vegetables. Serves 8 to 10.

This holiday be sure to help yourself to all your favorite Hormel meat products—in fact, the more, the better. That's because once again we're helping the hungry by donating Cure 81® hams to charities all across the country. The more you buy Hormel meat products, the more hams we'll be contributing.

To make it easy—and even more rewarding—to participate, we're also offering savings up to $8.00 on a Cure 81® ham when you purchase Hormel meat products and mail in your name and address for a rebate form. We will also send you additional Hormel recipes and 10 tips on how you can help alleviate hunger in your community.

As if anyone needed any more reason than the great taste of Hormel to make it a part of every occasion. Whether it's your Christmas Day Cure 81® ham that draws "ooohs" and "aaahs" from the relatives. Or your gameday Light & Lean® franks that keep those armchair quarterbacks coming back for more. Or any of dozens

Be Helping Others.

Holiday Chicken BY GEORGE® Light & Lean® & Wranglers® Franks

With Chicken BY GEORGE® boneless, skinless chicken breast fillets you can cook a delicious, healthy meal in minutes—and still serve up a holiday treat.

The gang's coming over on short notice? Not to worry. Cook up some Light & Lean® franks and Wranglers® smoked franks to go along with grilled Chicken BY GEORGE® sandwiches, and watch it all disappear.

Sausage Crescent Rolls

1 12-oz. pkg. Little Sizzlers® pork sausage links
3 4-oz. pkgs. refrigerated crescent roll dough

Cook sausage links according to package directions; drain well. Cool. Separate crescent roll dough into triangles. Place 1 sausage link at wide end of triangle; roll up. Place on baking sheet. Bake at 375° F. 11 to 13 minutes or until crescent roll is golden brown. Makes 12 appetizers.

Bacon-Wrapped Shrimp

1 16-oz. pkg. Black Label® bacon
40 shrimp
1 10-oz. bottle teriyaki sauce

Cut Black Label® bacon slices in half. Wrap bacon around shrimp. Secure with wooden picks. Place in 9- by 13-inch baking dish. Pour teriyaki sauce over shrimp. Cover and refrigerate 1 hour. Bake at 400° F., uncovered, 20 to 25 minutes or until bacon is crisp. Makes 40 appetizers.

of other serving ideas—from Black Label® bacon-wrapped shrimp, to grilled Chicken BY GEORGE® sandwiches—that have made Hormel synonymous with the holidays. So shop early and often for Hormel meat products this season. Then just think of all the people you'll be pleasing.

For your Cure 81® ham $8.00 rebate form, recipes and hunger-fighting tips, send your name and address to:

Hormel Holiday Giveaway
P.O. Box 400116
El Paso, TX 88540-0116

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ARTICHOKES WITH THAI-SEASONED SHRIMP *start this meal; next come turkey and port gravy, sweet potato and fennel casserole*

Celebrating Thanksgiving with a bountiful array

NORMAN A. PLATE

(far left), pea pods with red onions (center), wild rice and sourdough dressing (top right), and cranberry relish.

THE BEAUTY OF THIS HANDSOME TABLE IS MUCH MORE than the eye beholds. With the exception of the turkey and gravy, the dishes travel well—should friends or family volunteer to lend a hand. Subtly worked into many recipes are fat-cutting steps obvious only in preparation, but definitely not hinted at by the dishes' taste or look.

To enhance festivities, domestic sparkling wines complement the menu's range of flavors. Choices include Culbertson Blanc de Noir; Domaine Chandon nonvintage reserve or nonvintage Blanc de Noirs; Iron Horse brut or Blanc de Blancs; Domaine Mumm vintage reserve brut, cuvée Napa; and Roederer Estate brut nonvintage. Cost is $15 to about $30 a bottle.

THANKSGIVING DINNER FOR 16 TO 20

Artichokes with Thai Shrimp Salsa (page 158)

Roasted or Barbecued Turkey Port Gravy

Wild Rice and Sourdough Dressing with Almonds (page 178)

Cranberry Relish (page 188)

Sweet Potato–Fennel Gratin (page 178)

Green Pea Pods with Red Onions (page 176)

Persimmon-glazed Pumpkin Cheese Pie (page 194)

Sparkling Wine or Champagne

Settle the annual debate about how to cook the turkey by evaluating competition for oven space against the enthusiasm of the barbecue chef.

THE TURKEY TWO WAYS: ROASTED OR BARBECUED

To prepare turkey to roast or barbecue, select the size of fresh or frozen bird you want; allow at least ½ pound raw turkey (including bone and skin) for each person. For leftovers, get a bigger bird.

If turkey is frozen, thaw in its plastic wrapper in the refrigerator; this may take 2 to 3 days.

If you're rushed, immerse frozen turkey in its wrapper in a basin of cool (not warm) tap water. As water gets icy cold (once or twice an hour), drain and cover bird with more cool tap water. A 30-pound turkey takes about 7 hours to thaw.

When turkey breast is thawed to feel soft when pressed, unwrap. If legs are trussed, release them. (If giblets packed in body cavity are still frozen, wiggle them free, rinsing cavity with cool tap water as you work.)

Pull off and discard lumps of fat and remove giblets. Rinse bird inside and out; pat dry. Rinse giblets, drain, and start simmering for port gravy (directions follow).

To season turkey, start from tail end of bird and ease your fingers beneath skin, up and over breast, to loosen, but keep in place. Slip rinsed and drained **fresh sage leaves** and **thyme sprigs** between skin and meat; you'll need ⅓ to ⅔ cup total, depending on bird size. Rub bird all over with 1 to 3 tablespoons **olive oil.**

Insert thermometer straight down through the thickest part of the breast to the bone.

Roasted Turkey

Prepare and season **turkey,** and insert thermometer as directed (preceding). Set turkey, breast up, on a V-shaped rack in a rimmed pan at least 2 inches deep and at least 1 inch wider on all sides than bird (if you don't have a pan quite big enough, use foil to keep drips from spilling out of pan).

Roast as directed in chart (below). If desired, baste turkey every 30 minutes with **pan drippings** (or olive oil or melted butter if bird is small and has very few drippings).

Remove turkey from oven; let rest in a warm place (or tent with foil) for 10 to 15 minutes, allowing juices to settle. If desired, present at the table. Turkey cooked according to the chart will have moist breast meat, but thighs are often still pink at hip joint. Cut off the legs and disjoint; if meat at the hip joint is pinker than you like, put thighs in a 9- to 10-inch-wide pan and return to 450° oven until meat at joint is no longer pink, 10 to 20 minutes.

Meanwhile, carve and serve remaining turkey.

Per 3-ounce portion cooked turkey, meat only, half white, half dark: 144 cal. (26 percent from fat); 25 g protein; 4.2 g fat (1.4 g sat.); 0 g carbo.; 64 mg sodium; 67 mg chol.

Barbecued Turkey

Prepare and season **turkey,** and insert the thermometer as directed (preceding).

In a barbecue with lid, mound and ignite 60 charcoal briquets on firegrate. When briquets are dotted with gray ash, about 30 minutes, divide in half and push to opposite sides of firegrate. Place a drip pan between coals. Add 5 briquets (10 total) to each mound of coals now and every 30 minutes while cooking.

Set grill 4 to 6 inches above firegrate; rub lightly with oil and set turkey, breast up, on grill over drip pan. Cover and cook with vents open; for cooking time, see chart below. If parts of the turkey begin to get darker than you like before the bird is done, drape browned areas with foil.

AND THE GRAVY

You can start the gravy a day ahead. If your turkey is 18 pounds or less, be sure to start gravy before you put the bird on to cook. If your turkey is more than 18 pounds, double the recipe, using a 6- to 8-quart pan. If the roasting pan isn't large enough to hold liquid, finish the gravy in the saucepan.

Port Gravy

- Giblets from 10- to 18-pound turkey
- 1 medium-size (about 6 oz.) onion, quartered
- 1 large (about ¼ lb.) carrot, cut into chunks
- ⅔ cup sliced celery
- 4 cups regular-strength chicken broth
- At least 1 cup ruby or tawny port
- ¼ teaspoon black peppercorns
- Turkey drippings from roasted or barbecued turkey (preceding)
- ⅓ cup cornstarch
- Salt and pepper

Rinse giblets; chill liver airtight. In a 2- to 3-quart pan, place remaining giblets, onion, carrot, celery, broth, 1 cup port, and peppercorns. Bring to a boil; cover and simmer until gizzard is tender when pierced, 1¼ to 1¾ hours. If making ahead, let mixture cool, cover, and chill up to a day; reheat to simmering.

Add liver; cook for 10 minutes.

Pour broth through a fine strainer into a bowl; save giblets for gravy or other uses. Discard residue.

If using giblets, pull meat off neck, and chop neck meat and giblets; set aside. Measure broth; if needed, add water to make 4 cups.

Spoon and discard fat from turkey drippings in roasting pan (if barbecue drippings aren't too charred, skim and discard fat, then scrape drippings into the 2- to 3-qt. pan).

Smoothly mix cornstarch with ¼ cup water; add to broth and mix with turkey drippings, scraping browned bits free. Add chopped giblets and stir over high heat until boiling, about 5 minutes.

Season to taste with more port and salt and pepper. Makes 4 to 5 cups.

Per ¼ cup with giblets: 41 cal. (24 percent from fat); 2.7 g protein; 1.1 g fat (0.3 g sat.); 4.5 g carbo.; 22 mg sodium; 23 mg chol. ■

By Elaine Johnson

ROASTED OR BARBECUED TURKEY

Turkey weight with giblets	Oven temperature*	Internal temperature**	Cooking time
10 to 12 lb.	350°	160°	1¾ to 2¼ hr.
14 to 20 lb.	325°	160°	2½ to 3 hr.
24 to 26 lb.	325°	160°	3 to 3¾ hr.
28 to 30 lb.	325°	160°	3½ to 4½ hr.

***To barbecue, follow recipe above; cooking time is about the same as for roasting.**

****Insert thermometer to bone through thickest part of breast.**

The "Hope you made more than one" Pumpkin Pie.

Libby's Famous Pumpkin Pie

- 1 pkg. (15-oz.) Pillsbury All Ready Pie Crusts
- 2 eggs, lightly beaten
- 3/4 cup granulated sugar
- 1 can (16-oz.) Libby's® Solid Pack Pumpkin
- 1/2 tsp. salt
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground cloves
- 1 can (12 fl. oz.) undiluted Carnation® Evaporated Milk

Prepare pie crust according to package directions for filled one-crust pie using 9-inch pie pan. Twist edge as shown.* Mix filling ingredients in order. Pour into crust. Bake in preheated 425°F oven for 15 minutes. Reduce heat to 350°F. Bake additional 40–50 minutes or until knife inserted near center comes out clean. (If necessary, cover the edge of the crust with aluminum foil to prevent excessive browning.) Cool; garnish if desired.

*Trim dough even with outside edge of pan, brush edge of crust with egg white. Cut six 1/4"-wide strips from remaining dough. Twist two strips together and place along edge of crust, pressing lightly to secure. NOTE: Bake pie on preheated heavy-duty cookie sheet only when using metal or foil pie pan.

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CHAD SLATTERY

POMEGRANATES, *tangerines, and apples fill basket lined with aromatic juniper; dusty miller is by candles. Design: Françoise Kirkman*

GRAPES, *walnuts, wheat sprays, and candles are supported by artichokes (at ends) and florist's foam (in center). Design: Dennis W. Leong*

PINE CONE CLUSTERS *and tender branches accent an alignment of apples and candles. Three cubes cut from florist's foam anchor candles. Design: D. W. L.*

PETER CHRISTIANSEN

Centerpieces from the produce market

THE OLD MASTERS LOVED TO PAINT STILL LIFES OF fruits and vegetables. But why not turn the tables and make such masterpieces come to life as table centerpieces? Designers Dennis W. Leong and Françoise Kirkman took their keen eyes to the produce market and came back with the makings for the artfully simple, easy-to-duplicate arrangements shown here and on page 174. The beauty of this approach is that no skill is required, it's fast, and, once the scene has been played, the foods can go to the kitchen for use, or be left for snacks.

Candles and their soft light add beauty to these centerpieces. If you want to vary the candles' heights, set them on any small, steady objects of different heights. ■

By Christine B. Weber

LIKE FINE WINE A GREAT CHEDDAR TAKES TIME.

Deep in the heart of Tillamook lies a special room, cool and dark. And in this room golden blocks of cheese sit on the shelves and wait. Wait, like casks of fine wine. For in the long months ahead, the flavor comes up slowly and surely, developing the rich, unmistakable "bite" that sets Tillamook Sharp cheddar apart.

Our Master Cheesemaker takes a sample of Heavenly Cheddar to make sure it is aging properly.

AGED TO A FULL-BODIED SHARPNESS.

Like fine wine, a great cheddar takes time. And knowing that the longer a cheese ages, the bolder its character, we take a full nine months to create Tillamook Sharp cheddar. (Even longer for our Extra Sharp and Special Reserve cheddars.) So month after month, you'll find our Master Cheesemaker carefully checking his cheddar, determining which blocks have reached their full-bodied flavor, and which should continue to age.

DEDICATED TO THE FINE ART OF CHEESEMAKING.

We begin with the finest milk on earth, using the same recipe from the turn of the century when the art of cheddaring first began in the Tillamook valley. This assures the excellent texture, superb quality, and consistent goodness you've come to expect from Tillamook.

Like all good things, creating an exceptional sharp cheddar takes time.

But patience is always rewarded.

Tillamook®

Heavenly Cheddar
from Tillamook, Oregon.

More still lifes from the produce section

ORNAMENTAL *kale, anchored in florist's foam, sits in shallow pan with water. Clipped leaves fill gaps between heads. Design: Dennis W. Leong*

BRILLIANT *amber leaves and persimmons show up magnificently on blue moiré tablecloth. Wired silk ribbon, the color of leaves, scrolls gracefully through the arrangement. Design: D. W. L.*

NORMAN A. PLATE

PETER CHRISTIANSEN

GLOSSY PEPPERS, *bells and chilies, tumble away from candles positioned on inverted glasses of varying heights. Stack large peppers first, then use smaller ones to give the arrangement line and direction. Design: D. W. L.*

"Oh, you shouldn't have!"

Look for Cook's Holiday Film Offer
(details wherever Cook's is sold).

Move up to Cook's.

Try new Cook's Varietal Wines.
Cook's Champagne Cellars, Woodbridge, CA.

NORMAN A. PLATE

RED ONIONS, *turned cerise by dressing, are brilliant on edible-pod peas.*

Showpiece side dishes

TRIM COOKING PROCEDURES KEEP THESE VEGETABLE SHOWPIECES and dressings lean enough to provide wholesome balance for the roasts they accompany. Because tender vegetables often require last-minute attention—when that attention could be well used elsewhere—we've built in make-ahead steps, and highlighted them with asterisks so you can spot them easily.

The dressings are flavorful combinations of grains and nuts, plus one with sourdough bread. To comply with current food safety recommendations, dressings cook in casseroles rather than in the bird. We think the flavorful gravy on page 170 will adequately compensate those who love stuffing from the turkey. If you do stuff the bird, be sure to do so just before it goes into the oven, then remove the dressing while it's still hot.

BROCCOLI *provides nestling spots for petite sherry-glazed onions.*

Green Pea Pods with Red Onions

- ½ cup red wine vinegar
- 1 teaspoon mustard seed
- 1 teaspoon cumin seed
- 2 large (about 1 lb. total) red onions, thinly sliced
- 1 teaspoon sugar
- 2 pounds edible-pod peas, ends and strings removed
- Salt

In a 5- to 6-quart pan, bring about 1 quart water to a boil on high heat. Add 5 tablespoons vinegar, mustard seed, cumin seed, and onions. Cook just until onions are limp, about 2 minutes. Drain in a fine strainer. Add onion-seed mixture to remaining vinegar and sugar. (*If cooking ahead, cover and chill, stirring occasionally, up to a day.)

Rinse pan well and fill with about 2½ quarts water. Cover and bring to a boil on high heat. Add peas and cook, uncovered, just until brighter green, 2 to 3 minutes. Drain. Arrange peas in a shallow 3- to 4-quart casserole. (*If cooking ahead, immerse peas in ice water until cold, then drain. Arrange in a casserole, cover, and hold at room temperature up to 6 hours or chill up to a day.)

Serve from cold to room temperature. Just before serving, spoon onions onto peas; add salt to taste. Makes 8 to 10 servings.

Per serving: 60 cal. (6 percent from fat); 3.3 g protein; 0.4 g fat (0 g sat.); 12 g carbo.; 8.6 mg sodium; 0 mg chol.

Broccoli with Sherry-glazed Onions

- 2 pounds broccoli
- 1 package (1 lb.) frozen petite whole onions, thawed
- 1 teaspoon olive oil
- 1 cup dry sherry or dry madeira
- 1 cup regular-strength chicken broth
- ¼ cup sherry vinegar or cider vinegar
- ¼ cup firmly packed brown sugar
- 2 tablespoons currants
- 1 tablespoon cornstarch
- Salt

Trim tough ends off broccoli. If skin on stalks is tough, peel. Cut broccoli into about 3-inch lengths. Cut stalks lengthwise to make ⅓-inch-thick slices. Leave flowerets whole or cut in half if thicker than 1½ inches.

Fill a 5- to 6-quart pan with 2½ to 3 quarts water; cover and bring to a boil on high heat. Add broccoli and cook, uncovered and stirring occa-

Who makes party mixes like Praline Pecan Crunch and Oriental Cashew Crunch?

(You do! With a little help from Quaker Oat Squares.®)

QUAKER PARTY MIXES

Oriental Cashew Crunch

One 16-ounce package Quaker Oat Squares® cereal (8 cups)
One 3-ounce can chow mein noodles (1½ cups)
1 cup cashews or peanuts
¼ cup vegetable oil
3 tablespoons soy sauce
1 teaspoon garlic powder
1 teaspoon onion powder

1. Heat oven to 250°F. Combine first 3 ingredients in 13"x9" pan; set aside.
2. Combine remaining 4 ingredients in small bowl; quickly pour over cereal mixture. Stir to coat evenly.
3. Bake 1 hour, stirring every 20 minutes; cool.

Makes 10 cups.

Praline Pecan Crunch

One 16-ounce package Quaker Oat Squares® cereal (8 cups)
2 cups pecan pieces
½ cup light corn syrup
½ cup firmly packed brown sugar
¼ cup margarine (½ stick)
1 teaspoon vanilla
½ teaspoon baking soda

1. Heat oven to 250°F. Combine cereal and pecans in 13"x9" pan; set aside.
2. Combine corn syrup, brown sugar and margarine in 2-cup microwaveable bowl. Microwave at high 1½ minutes; stir. Microwave at high ½ to 1½ minutes more or until boiling. Stir in vanilla and baking soda and pour over cereal mixture. Stir to coat evenly.
3. Bake 1 hour; stirring every 20 minutes. Spread on baking sheet to cool; break into pieces.

Makes 10 cups.

RECIPES ALSO ON PACKAGE

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sionally, just until barely tender when pierced, 5 to 6 minutes; drain. Arrange on a platter or in a shallow 3- to 4-quart casserole. (•If making ahead, immerse in ice water until cool; drain. Arrange on platter, cover, and hold at room temperature up to 6 hours or chill up to a day.)

Drain pan and add onions and oil. Cook over high heat, shaking pan often, until onions brown, 6 to 8 minutes. Remove onions. (•If browning ahead, cover and chill up to a day.)

To pan, add sherry, broth, vinegar, sugar, and currants. Boil rapidly, uncovered, until reduced to 1⅓ cups, 6 to 8 minutes. Mix cornstarch with ¼ cup water. Stir into pan; bring sauce to a boil. (•If assembling ahead, cool, cover, and chill up to a day.)

To serve dish warm or at room temperature, combine hot sauce and onions and pour over broccoli. (•To reheat sauce, cook over medium heat, stirring, until hot. •To reheat broccoli in a microwave oven, cover with microwave-safe plastic wrap and cook at full power—100 percent—until hot, 4 to 7 minutes; rotate casserole ½ turn every 2 minutes. •To reheat broccoli in a conventional oven, cover with foil and bake at 400° until hot, 20 to 30 minutes.) Add salt to taste. Serves 8 to 10.

Per serving: 80 cal. (9 percent from fat); 2.4 g protein; 0.8 g fat (0.1 g sat.); 17 g carbo.; 29 mg sodium; 0 mg chol.

Sweet Potato–Fennel Gratin

- 3 large (3- to 4-in.-wide) heads fennel
- 2 large (about 1 lb. total) onions, chopped
- 1 teaspoon fennel seed
- About 4½ cups regular-strength chicken broth
- ¼ cup all-purpose flour
- ¼ teaspoon ground nutmeg
- ½ cup whipping cream
- 2¾ pounds (about 4 medium-size) sweet potatoes or yams
- 1¼ cups (5 oz.) shredded reduced-fat or regular jarlsberg cheese
- Salt and pepper

Trim stems from fennel; reserve some of the feathery green leaves for garnish. (•If working ahead, rinse, wrap in towels, enclose in a plastic bag, and chill up to a day.) Discard stems. Trim off discolored parts of fennel. Finely chop heads.

In a 5- to 6-quart pan, combine chopped fennel, onions, fennel seed, and ⅓ cup broth. Cook over high heat, stirring occasionally, until liquid evaporates and browned bits stick in pan, about 15 minutes. Deglaze by adding ¼ cup broth and stirring browned bits free; cook until browned again. Repeat deglazing step 2 or 3 more times, until vegetables are a rich brown, adding about ½ cup broth total. Reduce heat to low. Mix flour and nutmeg with vegetables, then stir in 3½ cups broth and cream. Stir over medium heat until mixture boils, 4 to 5 minutes.

Peel sweet potatoes and thinly slice crosswise.

Arrange about ¼ of the fennel mixture in an even layer in a shallow 2½- to 3-quart casserole. Cover with ¼ each of the potatoes and cheese. Repeat layers, ending with potatoes; reserve the remaining cheese. (•At this point, you can cover and chill casserole and cheese up to a day.)

Bake, tightly covered, in a 350° oven for 45 minutes. Uncover and sprinkle the vegetables with remaining cheese.

Bake, uncovered, until potatoes are tender when pierced and top is browned, about 45 minutes longer. Serve hot. Casserole holds well up to 45 minutes if kept covered and warm. Garnish with reserved fennel leaves. Add salt and pepper to taste. Makes 8 to 10 servings.

Per serving: 233 cal. (27 percent from fat); 8.8 g protein; 6.9 g fat (3.9 g sat.); 32 g carbo.; 193 mg sodium; 20 mg chol.

Wild Rice and Sourdough Dressing with Almonds

- ½ pound (½ of a 1-lb. loaf) sourdough bread, cut into ½-inch cubes (about 6 cups total)
- ½ cup slivered almonds
- ¾ pound Italian turkey or pork sausage
- 2 large (about 1 lb. total) onions, chopped
- 1 tablespoon minced fresh or 1 teaspoon crumbled dried rosemary leaves
- 1 tablespoon minced fresh or 1 teaspoon dried rubbed sage
- 1⅓ cups wild rice, rinsed and drained
- About 6 cups regular-strength chicken broth
- 1 to 2 tablespoons melted butter or margarine
- Fresh rosemary or parsley sprigs
- Salt

Spread bread cubes on a 10- by 15-inch pan. Bake in a 350° oven, stirring occasionally, until dry and lightly browned, about 20 minutes. Pour from pan. (•If making ahead, package airtight when cool and hold up to 3 days at room temperature.)

In the same pan, spread almonds. Bake in a 350° oven until lightly toasted, 10 to 15 minutes; shake pan occasionally. Pour from pan. (•If making ahead, package airtight when cool and chill up to 3 days.)

Remove sausage from casings and crumble meat into same 10- by 15-inch pan. Mix sausage with onions, rosemary, and sage. Bake in a 450° oven until sausage and onions are well browned, about 50 minutes; stir often with a wide spatula. If mixture sticks before it browns, add ½ cup broth; scrape pan to free browned bits. Drain; discard any fat.

Meanwhile, in a 2- to 3-quart pan, combine rice and 4 cups broth. Bring to a boil over high heat; cover and simmer until rice is tender to bite, 45 to 60 minutes; stir occasionally. Drain rice, reserving liquid. (•At this point, you can cover and chill sausage mixture, rice, and liquid up to 3 days.)

Measure reserved broth and add enough more broth to make 3 cups. Pour into a bowl with 5 cups of the bread cubes; stir occasionally, until bread softens and absorbs liquid, about 10 minutes. Squeeze bread

CHEESE GLAZES *sweet potato slices baked with braised fennel*

NORMAN A. PLATE

Take the scenic route to Europe.

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SOURDOUGH *bread dressing contains wild rice, almonds, sausage.*

with hands to pulverize. Add rice and sausage mixture; mix well. Spoon into a shallow 3- to 3½-quart casserole (about 9 by 13 in.) and pat to make level. Cover casserole tightly with foil. Bake in a 350° oven until hot in center, about 40 minutes (50 minutes if ingredients are chilled). Mix remaining 1 cup bread cubes with melted butter. Uncover dressing; scatter cubes and nuts onto it. Bake until cubes are hot and crisp, about 5 minutes. Garnish with rosemary; add salt to taste. Makes about 8 cups, 8 to 10 servings.

Per serving: 261 cal. (32 percent from fat); 12 g protein; 9.3 g fat (1.3 g sat.); 33 g carbo.; 327 mg sodium; 30 mg chol.

Oat Pilaf with Hazelnuts and Scotch

- ¾ cup hazelnuts
- 2 large (about 1 lb. total) onions, chopped
- About 6½ cups regular-strength beef broth
- 3 cups oat groats (uncut grains)
- About 6 tablespoons Scotch whisky
- ⅓ cup minced green onions

Place hazelnuts in a shallow 3- to 3½-quart casserole (about 9 by 13 in.). Bake at 350° until nuts are lightly browned under skins, about 15 minutes; shake pan occasionally.

Pour nuts onto towel; rub with towel to free as much of the skins as possible. Lift from towel; discard skins. Coarsely chop nuts; set aside.

In same casserole, combine chopped onions and ½ cup water. Bake in a 400° oven until liquid evaporates and onions are browned at edges, about 30 minutes. Add ¼ cup simmering hot broth; stir to free browned bits stuck to casserole. Continue baking, stirring occasionally, until liquid again evaporates and

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FALLING STARS.

AMERICAN NAME, ITALIAN TASTE.

AROMATIC *rice, pecans, and spices team up for a flavorful dressing.*

browned bits begin to stick. Add ¼ cup broth and repeat process. Each step takes about 20 minutes.

Bring remaining 6 cups broth and oats to a boil in a 2- to 3-quart pan over high heat. Add to casserole; stir to combine with onions. Cover casserole tightly with foil. Bake in a 400° oven until oats are tender to bite, about 30 minutes.

Uncover; stir in Scotch to taste. Sprinkle with nuts and green onions. To each portion, add more Scotch. Makes about 6 cups, 6 to 8 servings.

Per serving: 352 cal. (28 percent from fat); 13 g protein; 11 g fat (1.2 g sat.); 47 g carbo.; 8.5 mg sodium; 0 mg chol.

Green Rice with Pistachios

- 2 cups long-grain white rice
- 5½ cups regular-strength chicken broth
- ½ teaspoon ground nutmeg
- 1½ tablespoons canned green peppercorns in brine, rinsed and drained
- ¾ pound spinach leaves, rinsed, drained, and finely chopped (about 3 cups packed)
- 1 cup minced parsley
- ½ cup roasted and salted pistachios, coarsely chopped

Spread rice in a shallow 3- to 3½-quart casserole (about 9 by 13 in.). Bake, uncovered, in a 350° oven until grains are toasted to a light brown, about 35 minutes; stir occasionally.

In a 2- to 3-quart pan, combine 5 cups broth with nutmeg and peppercorns. Bring to a boil. With casserole on oven rack, stir broth into rice. Cover dish tightly with foil.

Bake in a 350° oven until liquid is absorbed, about 20 minutes. Stir at 10 and 15 minutes; recover dish.

Uncover rice, stir in remaining ½ cup broth, spinach, and ¾ cup parsley; bake 5 minutes longer. Stir rice and sprinkle with remaining parsley and pistachios. Makes about 9 cups, 8 to 10 servings.

Per serving: 203 cal. (20 percent from fat); 6 g protein; 4.6 g fat (0.8 g sat.); 34 g carbo.; 111 mg sodium; 0 mg chol.

Aromatic Rice with Toasted Pecans

- 4¾ cups regular-strength chicken broth
- 1 tablespoon mustard seed
- 2 teaspoons grated lemon peel
- ½ teaspoon ground coriander
- 2 cups pecan or other aromatic rice such as basmati or Texmati
- ¾ cup pecan halves
- 2 to 3 tablespoons minced green onions or chives

In a 2- to 3-quart pan, combine 4½ cups broth, mustard seed, peel, coriander, and rice. Bring to a boil.

Set a shallow 3- to 3½-quart casserole on a rack in a 400° oven. Pour boiling rice mixture into casserole; cover very tightly with foil. Bake until broth is absorbed, about 20 minutes.

Uncover and stir ¼ cup broth into rice; scatter nuts onto rice. Continue to bake until nuts are lightly toasted, about 10 minutes.

Sprinkle casserole with green onions. Makes about 8 cups, 8 to 10 servings.

Per serving: 218 cal. (28 percent from fat); 4.6 g protein; 6.7 g fat (0.7 g sat.); 34 g carbo.; 26 mg sodium; 0 mg chol. ■

By Linda Lau Anusasananan, Christine B. Weber

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NORMAN A. PLATE

EXCEPTIONALLY CRISP, *two-bite-size golden button cookies come in five flavors.*

Tiny cookies to give or share

DAINTY, DURABLE, AND DIVERSE ACCURATELY DESCRIBE THESE HANDY cookies. You start with a basic dough, flavored by browned butter, then add other ingredients to create four different variations, including a hazelnut-chocolate combination that Italians call gianduia. Because the cookies are tiny, one batch makes many, and dozens of them take up little space; because they keep well, they make good gifts; and because there are so many flavor choices, tasters will be delighted.

Golden Button Cookies

½ cup (¼ lb.) butter or margarine
¾ cup sugar
1 teaspoon baking soda
1 large egg white
1 teaspoon vanilla
Flavor options (choices follow)
1 cup all-purpose flour

In an 8- to 10-inch frying pan over medium heat, melt butter and heat just until it begins to smell and look lightly browned, about 10 minutes.

Pour into a bowl with sugar and soda. Beat to mix. Add egg white and vanilla; beat to blend well.

If desired, add flavor option.

Add flour and stir to mix well. If making ahead, cover airtight and chill up to 3 days.

Measure dough in ½-teaspoon portions and drop about 1 inch apart on lightly oiled 12- by 15-inch baking sheets (use 2 or 3 pans and bake in sequence).

Bake in a 350° oven until cookies are golden brown, about 10 minutes. (If you have 1 oven, alternate pan positions after 5 to 6 minutes.) Transfer to racks; when cookies are cool, serve or package airtight up to 3 days. Freeze to store longer. Makes about 9½ dozen.

Per cookie: 17 cal. (48 percent from fat); 0.1 g protein; 0.9 g fat (0.5 g sat.); 2.1 g carbo.; 16 mg sodium; 2.2 mg chol.

Flavor options

Gianduia buttons. Place ½ cup **hazelnuts** in an 8- to 9-inch-wide pan. Bake in a 350° oven until nuts are browned under their skins and smell toasted, about 15 minutes. Pour nuts onto a clean towel. Rub vigorously with towel to remove as much of the brown skin as possible. Lift nuts from towel; discard skins. Whirl nuts in a food processor or blender until finely ground.

Make golden button cookies, preceding, adding as flavor options the nuts, 2 tablespoons **unsweetened cocoa,** and 2 teaspoons **instant coffee powder.** Reduce **flour** to ¾ cup, add to dough, and continue as directed. Bake cookies until tops begin to look dry and slightly cracked, about 10 minutes. Makes about 11 dozen.

Per cookie: 17 cal. (58 percent from fat); 0.2 g protein; 1.1 g fat (0.5 g sat.); 1.9 g carbo.; 14 mg sodium; 1.9 mg chol.

Bizcochitos buttons. Coarsely crush ½ teaspoon **cardamom seed** and ¼ teaspoon **anise seed** with a mortar and pestle or flat-bottomed glass. Make golden button cookies, preceding, adding seed as the flavor option. Makes about 9½ dozen.

Per cookie: 17 cal. (48 percent from fat); 0.1 g protein; 0.9 g fat (0.5 g sat.); 2.1 g carbo.; 16 mg sodium; 2.2 mg chol.

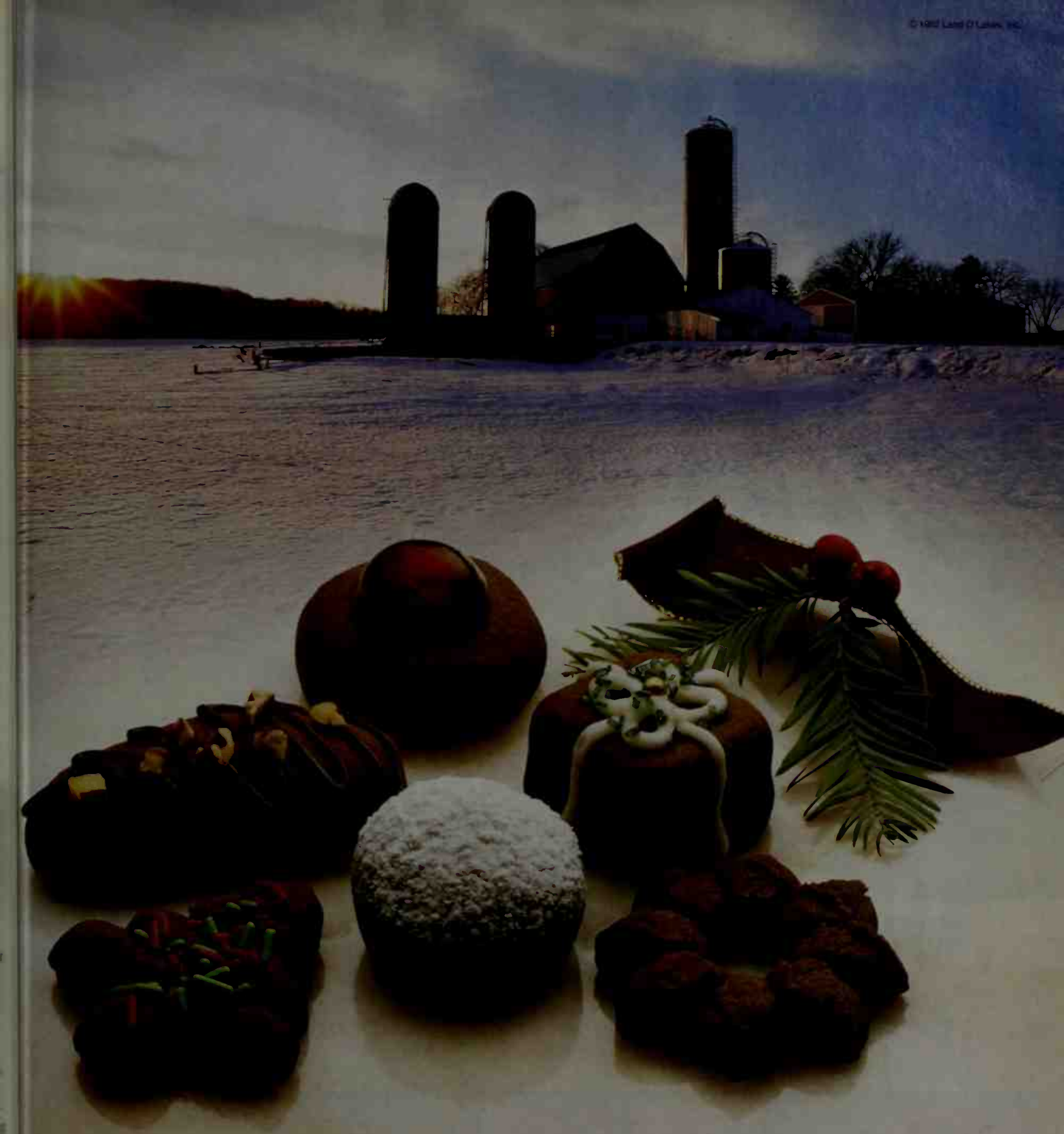
Lemon buttons. Coarsely crush enough **hard lemon drop candies** to make ½ cup; grate 1 teaspoon *each* **lemon** and **orange peel.** Make golden button cookies, preceding, adding candy and peel as the flavor option. Makes about 11 dozen.

Per cookie: 16 cal. (39 percent from fat); 0.1 g protein; 0.7 g fat (0.4 g sat.); 2.3 g carbo.; 14 mg sodium; 1.9 mg chol.

Peppermint buttons. Coarsely crush enough **hard peppermint candies** to make ½ cup. Make golden button cookies, preceding, adding candy as the flavor option. Makes about 11 dozen.

Per cookie: 16 cal. (39 percent from fat); 0.1 g protein; 0.7 g fat (0.4 g sat.); 2.3 g carbo.; 14 mg sodium; 1.9 mg chol. ■

By Christine B. Weber



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HOLIDAY CHOCOLATE BUTTER COOKIES

½ cup sugar
¾ cup LAND O LAKES® Butter, softened
1 egg yolk
1 teaspoon almond extract
1 ½ cups all-purpose flour
¼ cup unsweetened cocoa

Heat oven to 375°. In large bowl combine all ingredients *except* flour and cocoa. Beat at medium speed until light and fluffy (2–3 min.). Gradually add flour and cocoa until well mixed (2–3 min.). Shape rounded teaspoonfuls as desired (1" balls, 2"–3" logs, balls flattened, balls with indentations, etc.) or use cookie press. Place 1" apart on cookie sheets. Bake for 7–9 min. or until set. Cool. Decorate with melted chocolate chips, melted almond bark, nuts, colored sugars, candied fruit, candies, maraschino cherries, etc. YIELD: 3 dozen.

NORMAN A. PLATE

WARM GLOW OF CANDLELIGHT *illuminates majestic presence of two pork loin roasts joined to form a crown. Brown rice filling, baked Roma-style tomatoes, broccoli and onions, and jicama-mint relish round out main course.*

Christmas feast: crown roast is king

MEMORIES OF THE HOLIDAYS ARE CROWDED WITH images of special events, special times, and most especially, meals like this Christmas dinner featuring an imposing crown roast.

To go with this meal, serve a chardonnay with ample acid and no more than moderate oak flavor. Wineries producing this style of chardonnay include Beringer Vineyards, Chalk Hill Winery, Delhinger Winery, De Loach Vineyards, E & J Gallo Winery, Ferrari-Carano Vineyards, Fetzer Vineyards (Sundial has no oak), Grgich Hills Cellar, Husch Vineyards, and Wild Horse Winery. Many of these wineries also make oakier chardonnays, so read labels carefully.

CHRISTMAS MENU FOR 10 TO 12

Smoked Salmon with Citrus Mélange (page 160)

Pork Crown Roast with Brown Rice Filling and Baked Tomatoes (page 186)

Jicama-Mint Relish (page 188)

Broccoli with Sherry-glazed Onions (page 176)

Ginger-Caramel Macadamia Pie (page 192)

Chardonnay **Mineral Water**

Sensational Double Layer Pumpkin Pie
4 ounces cream cheese, softened*
1 tablespoon milk or half-and-half
1 tablespoon sugar
1 ½ cups thawed COOL WHIP* Whipped Topping
1 KEEBLER* READY-CRUST* Graham Cracker Pie Crust (6 oz.)
1 cup milk or half-and-half
2 packages (4-serving size) JELL-O* Vanilla Flavor Instant Pudding & Pie Filling
1 can (16 oz.) pumpkin
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground cloves
*HELPFUL HINT: Soften cream cheese in microwave on HIGH 15 to 20 seconds.
• MIX cream cheese, milk and sugar in large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust.
• POUR 1 cup milk into bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. (Mixture will be thick.)
• STIR in pumpkin and spices with wire whisk; mix well. Spread over cream cheese layer. Refrigerate at least 3 hours. Garnish with additional whipped topping and nuts if desired. Makes 8 servings.
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NORMAN A. PLATE

EASY-CARVE ROAST *yields thick pork chops to go with brown rice, cheese-topped baked tomatoes, and make-ahead broccoli with tiny onions (see page 176).*

Roast and trimmings

SELECT TWO CENTER-CUT PORK LOIN ROASTS TO MAKE A CROWN LARGE enough for this recipe. At the market, have roast backbones (but not the meat) cut with a saw (cracked) before the roast is shaped so it will be easy to carve. The well of the cooked roast makes a cozy serving container for the brown rice filling, which cooks separately. The tomatoes bake in the oven with the roast.

Pork Crown Roast with Brown Rice Filling and Baked Tomatoes

1 center-cut pork loin crown roast (9 to 10 lb.), fat trimmed and backbone cut for carving

Soy-wine marinade (recipe follows)

Brown rice filling (recipe follows)

Baked tomatoes (recipe follows)

1 or 2 green onions, ends trimmed

Salt and pepper

Rinse pork and pat dry. Pour marinade into a deep bowl, about 3-quart size, add pork, and rotate to coat with marinade. Cover and chill at least 3 hours, or up to a day; baste occasionally with marinade.

Lift roast from marinade; save liquid. Set roast, narrow end up, on a rack in a roasting pan about 11 by 14 inches. Bake in a 350° oven until a thermometer inserted against bone in thickest part of meat registers 155°, about 1¾ hours.

Meanwhile, bring reserved marinade to a boil, let simmer 1 to 2 minutes, then set aside to season rice.

With wide spatulas, transfer roast to a platter. Mound hot rice filling into center of roast; put remainder in a dish. Surround roast with tomatoes; garnish with onions.

Cut between ribs to serve; allow 1 or 2 ribs per portion. Spoon rice and tomatoes onto plates with sliced roast. Season to taste with salt and pepper. Makes 10 to 12 servings.

Per serving with rice: 516 cal. (33 percent from fat); 39 g protein; 19 g fat (6.4 g sat.); 44 g carbo.; 791 mg sodium; 113 mg chol.

Soy-wine marinade. Combine ½ cup *each* **soy sauce** and **dry red wine;** ¼ cup **honey;** 4 cloves **garlic,** minced or pressed; and 1 teaspoon **ground cinnamon.**

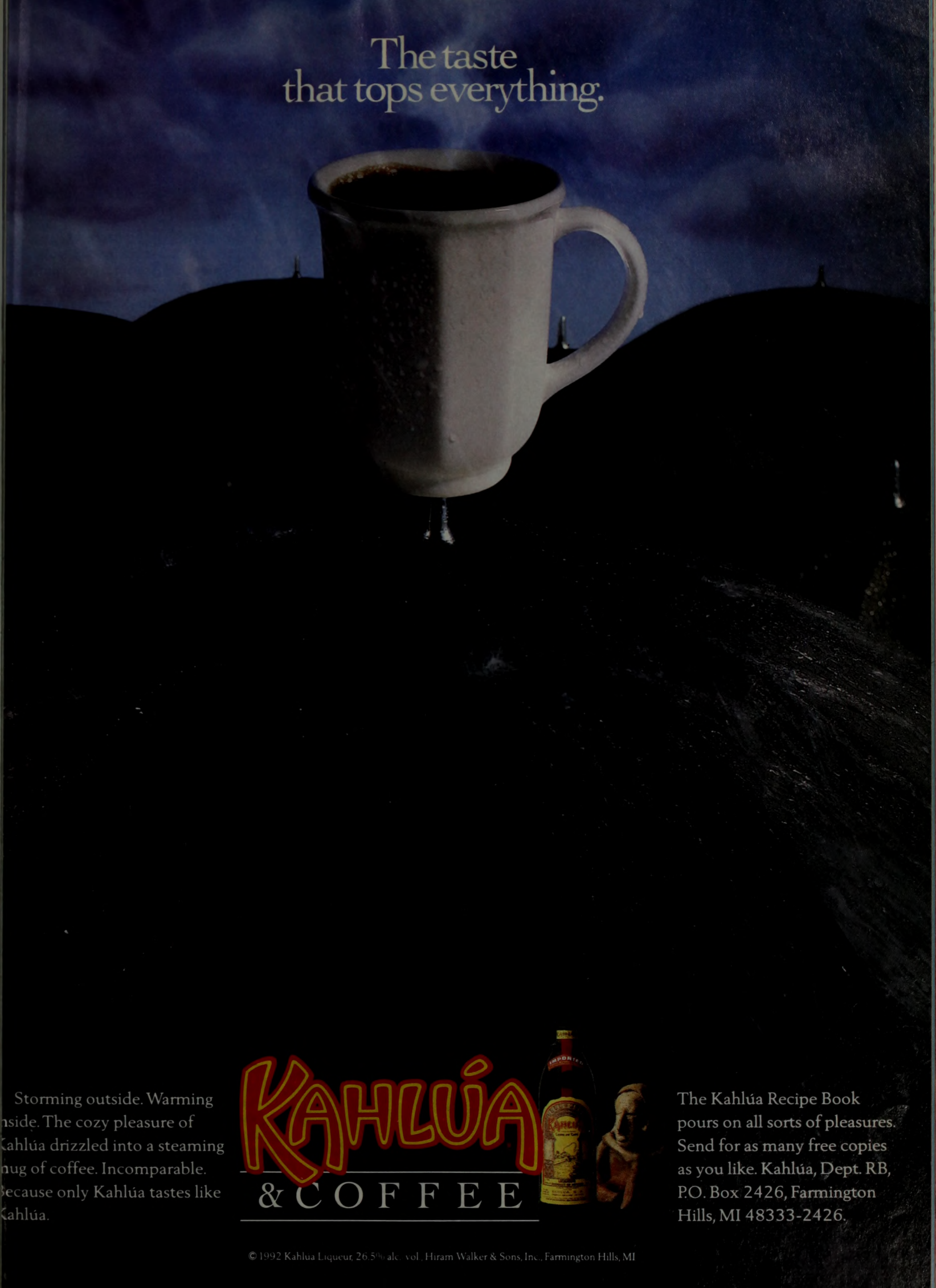
Brown rice filling. In a 4- to 5-quart pan, combine 3 cups **short-grain** or long-grain **brown rice,** 3 cups *each* **water** and **regular-strength chicken broth,** and ¼ cup minced **fresh ginger.** Cover; bring to a boil over high heat. Simmer gently until rice is tender to bite, about 45 minutes. Off the heat, stir in ½ cup of the reserved boiled **soy-wine marinade.** (If cooking ahead, drain and save any liquid. Cover rice and liquid; chill up to a day. Return rice and liquid to pan. Stir often over medium-low heat until hot; or, in a microwave oven, heat at half-power—50 percent—in a microwave-safe bowl, stirring every 1 to 2 minutes until hot, 10 to 15 minutes.) Mix in 1½ cups sliced **green onions.** Use hot.

Baked tomatoes. Rinse 10 to 12 large (about 2 lb. total) firm-ripe **Roma-type tomatoes;** cut in half lengthwise. Set cut side up in a 10- by 15-inch pan. Mix together ½ cup shredded **parmesan cheese,** 2 tablespoons minced **parsley,** 1 teaspoon **dried rubbed sage,** and ¼ teaspoon **pepper;** sprinkle mixture evenly onto tomatoes. Drizzle 1 to 2 tablespoons **olive oil** (total) over tomatoes.

Bake in a 350° oven (on rack beneath the pork) until tomatoes begin to soften slightly, 15 to 20 minutes. Makes 10 to 12 servings.

Per serving: 42 cal. (51 percent from fat); 2 g protein; 2.4 g fat (0.8 g sat.); 3.7 g carbo.; 69 mg sodium; 2.6 mg chol. ■

By Betsy Reynolds Bateson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NORMAN A. PLATE

CRIMSON CRANBERRY RELISH *gets its tender crunch from water chestnuts.*

Meat relishes, tart and tangy

FRESH INGREDIENTS AND FLAVORS BLEND HARMONIOUSLY IN THESE simple relishes. In the first, cranberries stain water chestnuts red, so their crunch comes as a surprise. Cilantro, mint, and coconut suggest an Indian condiment, but jicama keeps the focus Western. The last relish combines pomegranate seeds and blood oranges.

Cranberry Relish

- 1 bag (12 oz., 3 cups) cranberries, rinsed and drained
- 1 can (8 oz.) drained water chestnuts
- 1 cup lightly packed fresh cilantro (coriander)
- 1 tablespoon Dijon mustard
- ¼ to ⅓ cup sugar

In a food processor (or a food chopper with coarse blade), coarsely chop cranberrries, water chestnuts, and cilantro. Stir in mustard and sugar to taste. Serve, or cover and chill up to 2 days. Makes about 2 cups.

Per tablespoon: 15 cal. (3 percent from fat); 0.1 g protein; 0.1 g fat (0 g sat.); 3.8 g carbo.; 15 mg sodium; 0 mg chol.

Jicama-Mint Relish

For a hotter relish, add 1 more fresh jalapeño chili.

- 1 fresh jalapeño chili, stemmed and seeded
- 2 cloves garlic
- ½ teaspoon ground cumin
- 1 cup sweetened shredded dried coconut
- 1 cup finely chopped jicama
- Salt

In a blender or food processor, whirl lime juice, 2 tablespoons water, mint, cilantro, chili, garlic, and cumin until smoothly puréed. Stir in coconut and jicama. If making ahead, cover and chill up to a day. Add salt to taste. Makes about 2 cups.

Per ¼ cup: 57 cal. (49 percent from fat); 0.8 g protein; 3.1 g fat (2.6 g sat.); 7.3 g carbo.; 28 mg sodium; 0 mg chol.

Pomegranate-Orange Relish

- 2 medium-size (about 1 lb. total) pomegranates
- 4 or 5 medium-size (about 1¼ lb. total) blood or common oranges
- ¼ cup red wine vinegar
- 4 teaspoons sugar
- 2 teaspoons prepared horseradish
- Crisped onions (recipe follows)
- Salt

Score sides of pomegranates with a sharp knife. Holding fruit under water in a large bowl, pull pomegranate apart into large chunks. With your fingers, separate seeds from membrane and skin. Skim off membrane and skin; pour out water and drain seeds well.

Finely shred 1 to 2 teaspoons peel from oranges; set aside. With a sharp knife, cut peel and white membrane from oranges. Holding oranges over a bowl to catch the juice, cut between the inner membranes to free segments. Squeeze juice from membranes into bowl.

Gently mix fruit with the vinegar, sugar, and horseradish; pour mixture into a shallow bowl. Sprinkle with pomegranate seeds and onions. If making ahead, cover and chill up to 8 hours. Add salt to taste. Makes about 3 cups.

Per ¼ cup: 40 cal. (2 percent from fat); 0.6 g protein; 0.1 g fat (0 g sat.); 10 g carbo.; 2.7 mg sodium; 0 mg chol.

Crisped onions. Coarsely chop enough **red onion** to make 1 cup. Put in a bowl with **water** to cover. Squeeze onions to bruise lightly; drain. Add 4 cups **ice cubes,** 2 cups water, and ¼ cup **raspberry** or red wine **vinegar.** Let stand until crisp, 20 to 30 minutes. Drain well and discard ice cubes. ■

- 6 tablespoons lime juice
- 1 cup lightly packed fresh mint leaves
- 1 cup lightly packed fresh cilantro (coriander) leaves

FINE COCONUT STRANDS *sweeten mint, cilantro, and lime relish.*

By Betsy Reynolds Bateson, Karyn I. Lipman

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PETER CHRISTIANSEN

1 **TIE RIBBON** *around napkin and through pretzel holes. Make a tailored knot or a more elaborate one. Leftovers are for the birds.*

2 **AFFIX LICHEN** *(or Spanish moss) with household glue to cover a 1- to 1½-inch-wide cuff cut from a paper towel tube. Raffia bow adds finishing touch.*

3 **GLUE PASTA SHELLS** *to cardboard cuff that is slightly narrower than pasta. Wrap raffia around cuff and shells; tie ends in a bow.*

4 **LOOP RAFFIA** *into ring three or four strands around and 1¼ inches across. Tie ends or weave back through strands. Tuck pressed leaf through raffia.*

5 **SOAK PUSSY WILLOW** *stems (plain ends) in water to soften; bend four or five together into 1¼-inch-diameter loop. Clip ends neatly.*

6 **TIE BREAD DOUGH** *in a ½- by 7-inch rope around a 4-inch-circumference metal or foil form. Bake, as directed, until browned.*

7 **LOOP RAFFIA** *strands into a 3- to 4-inch loop. Tie wheat sheaves to ring, weaving ends around ring. Trim raffia ends.*

8 **CUT HEAVY GOLD** *cord 4 inches long. Butt ends and attach with fabric glue. Let dry, then glue gilded, pressed leaf to cord.*

Natural napkin cuffs with grains and leaves

NAPKIN RINGS THAT REFLECT THE SEASON CAN BE simply devised for a special meal to give your table a customized look. Just tie, twist, or glue a loop of cord, raffia, twigs, or ribbons. Or make a cuff from something as basic as a paper towel tube and use the cuff to support decorative attachments. Some designs are quite durable; others can become crumbs for the birds. Designs: Françoise Kirkman and Karyn I. Lipman. ■

By Karyn I. Lipman

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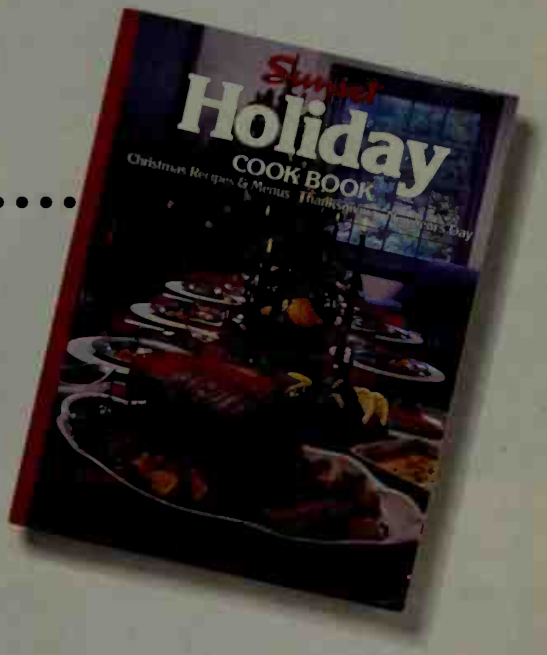

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PETER CHRISTIANSEN

RIVULET OF WARM CHOCOLATE *flows onto ginger-caramel macadamia pie; ice cream or whipped cream is an option.*

Harvest pies . . . slim, stellar, pretty as a picture

IT TAKES A DESSERT OF STELLAR CHARACTER TO WOO APPETITES AT THE conclusion of a holiday dinner. Here you have not just one but three picture-pretty pies equal to the task. Making the pies in shallow tart pans shows off fillings best, with a subtle side benefit—portions are thinner, therefore less filling, than traditional pie wedges. Each pie makes 8 to 10 servings; for a large party, you might want to offer more than one kind.

Ginger-Caramel Macadamia Pie

Pastry for a single-crust 9-inch-diameter pie

1½ cups salted, roasted macadamia nuts

3 large eggs

1 cup firmly packed brown sugar

½ cup minced candied ginger

1 tablespoon minced fresh ginger

1 teaspoon vanilla

Warm chocolate sauce (recipe follows)

Vanilla ice cream or sweetened whipped cream (optional)

Fit pastry over bottom and press against sides of a plain or fluted 9-inch tart pan with removable bottom; fold any excess pastry down to make flush with pan rim.

Pour nuts onto a towel and rub lightly to remove salt. Lift nuts from towel and put in pastry.

In a bowl, beat to blend eggs, sugar, candied ginger, fresh ginger, and vanilla. Pour evenly over nuts.

Bake on lowest rack of a 325° oven until filling jiggles only slightly when pie is gently shaken, about 40 minutes. Cool on a rack. If making ahead, wrap airtight and chill up to a

Brush up on your French.

It's *très simple.* Add a French accent to your favorite food with *'La moutarde,'* or, the mustard. (Grey Poupon Dijon mustard, to be precise.) Brush it over fish instead of butter to save on *les calories.* Brush some over steak then sprinkle with black pepper to create *Boeuf Poupon au Poivre.* Brush it over garlic bread. Brush some Grey Poupon and honey over chicken breasts before broiling to add a glaze *exceptionnelle. Voilà!* Now you're fluent in *la cuisine Française.*

Fillets Dijon - add a savory flavor to fish fillets. Brush the surface lightly with Grey Poupon then sprinkle with dried herbs before baking.

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PETER CHRISTI

PIES *(clockwise from top): pear-hazelnut, pumpkin-persimmon, macadamia*

day. Offer warm chocolate sauce to spoon onto wedges to taste; accompany with ice cream. Makes 8 to 10 servings.

Per serving: 381 cal. (52 percent from fat); 4.7 g protein; 22 g fat (4.2 g sat.); 43 g carbo.; 230 mg sodium; 64 mg chol.

Warm chocolate sauce. In the top of a double boiler, combine 1¼ cups **semisweet chocolate baking chips** and ¾ cup **half-and-half** (light cream). Place over simmering water and stir often until chocolate is smoothly melted. (Or put chocolate and cream in a microwave-safe bowl and heat on full power—100 percent—in a microwave oven; stir at 1-minute intervals, until chocolate is smoothly melted).

Use chocolate sauce warm; if making ahead, cover and chill up to 3 days. Reheat over simmering water or in a microwave oven. Pour into a small pitcher. Makes 2¼ cups.

Per tablespoon: 34 cal. (58 percent from fat); 0.4 g protein; 2.2 g fat (1.3 g sat.); 4.1 g carbo.; 2.2 mg sodium; 1.9 mg chol.

Persimmon-glazed Pumpkin Cheese Pie

Pastry for a single-crust 9-inch pie

1 can (16 oz.) pumpkin

1 cup nonfat or low-fat cottage cheese

1 cup sugar

2 large eggs

1 tablespoon grated orange peel

1 teaspoon grated lemon peel

½ teaspoon ground cinnamon

Persimmon glaze (recipe follows)

Fit pastry over bottom and pre against sides of a plain or fluted inch-deep and 9-inch-wide tart pa with removable bottom; fold any cess pastry down to make flush wh the pan rim. Pierce pastry all ov with a fork. Bake in a 350° oven thl lightly browned, about 15 minute

Meanwhile, in a blender or foo processor, whirl pumpkin, cottag cheese, sugar, eggs, orange and m on peel, and cinnamon until mixt e is very smooth.

Pour mixture into hot or warm e shell. Bake in a 350° oven until fing barely jiggles in center when ge y shaken, 35 to 40 minutes. Cool o rack. Spoon persimmon glaze on pie, then spread evenly to the pary rim. Chill until glaze is set, at lea 2 hours; to store up to a day, cove e airtight without touching glaze. Makes 8 to 10 servings.

Per serving: 281 cal. (23 percent from t 6.1 g protein; 7.3 g fat (1.9 g sat.); 48 carbo.; 206 mg sodium; 45 mg chol.

Persimmon glaze. Rinse 3 medium-size (about 1 lb. total) ri and jelly-soft **Hachiya-type persimmons;** cut in half lengthwise and e a spoon to scoop flesh from skin ut persimmon pulp in a fine straine over a bowl; discard skin.

Firmly rub pulp through strain discard residue. Measure 1 cup lp (save extra for other uses); mix i

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tablespoon **lemon juice.**

In a 3- to 4-cup pan, sprinkle 1 teaspoon (½ envelope) **gelatin** over 2 tablespoons **water.** Let stand about 5 minutes to soften. Stir over medium heat until gelatin melts. Off the heat, add ¼ cup **orange-flavor liqueur.**

At once, stir gelatin mixture into persimmon pulp. Chill (to speed, set bowl in ice water), stirring often, until mixture just begins to thicken. Spoon onto pumpkin filling.

Hazelnut, Pear, and Apricot Pie

- 1 cup hazelnuts
- ½ cup sugar
- 2 tablespoons all-purpose flour
- ¼ cup (⅛ lb.) butter or margarine, cut into pieces
- 2 large eggs
- 2 teaspoons vanilla
- Pastry for a single-crust 9-inch pie
- 1 large (about ½ lb.) firm-ripe pear, such as red or regular Bartlett or Comice
- 2 tablespoons lemon juice
- ¼ cup apricot jam

Place hazelnuts in an 8- or 9-inch-wide pan. Bake in a 350° oven until the nuts are lightly browned under skins, 15 to 20 minutes. Pour onto a towel; rub with towel to remove as much of the brown skins as possible. Lift nuts from towel; discard the brown skins.

In a food processor or blender, whirl nuts with sugar and flour until finely ground. Add butter, eggs, and vanilla, and whirl until thoroughly blended.

Fit pastry over bottom and press against sides of a plain or fluted 9-inch tart pan with removable bottom; fold any excess pastry down to make flush with pan rim. Pour nut mixture into pastry; spread smooth.

Core pear and cut into ¼-inch wedges. Sprinkle with lemon juice. Arrange pear slices, overlapping, on nut filling. Bake in a 350° oven until filling is richly browned, about 40 minutes.

In a 3- to 4-cup pan over low heat, stir apricot jam until warm (or warm jam in a microwave-safe bowl on full power—100 percent—in a microwave oven; stir every 10 seconds). Spoon jam onto warm pie, then gently spread to pastry. Serve warm or at room temperature. If making ahead, cover airtight and chill up to 1 day. Makes 8 to 10 servings.

Per serving: 300 cal. (57 percent from fat); 4.2 g protein; 19 g fat (5.2 g sat.); 30 g carbo.; 172 mg sodium; 55 mg chol. ■

By Christine B. Weber

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Cranberry Honey Vinaigrette

Allow about 1 tablespoon vinaigrette for each cup of salad greens.

- ½ cup cranberry juice cocktail
- 3 tablespoons balsamic vinegar (or red wine vinegar and 2 teaspoons honey)
- 2 tablespoons honey
- ½ cup fresh or frozen cranberries, rinsed, drained, and finely chopped

In a bowl or jar, mix cranberry juice, vinegar, honey, and cranberries. Use or, if making ahead, cover airtight and chill up to 4 days. Makes about 1 cup.

Per tablespoon: 17 cal.; 0 g protein; 0 g fat; 4.5 g carbo.; 0.4 mg sodium; 0 mg chol. ■

By Christine B. Weber

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Welcome to Sunset's Directory Pages—your guide to travel throughout the West and beyond, to schools and camps for all ages, and everything for your home and garden.

Topics are grouped for your convenience as shown in the index below.

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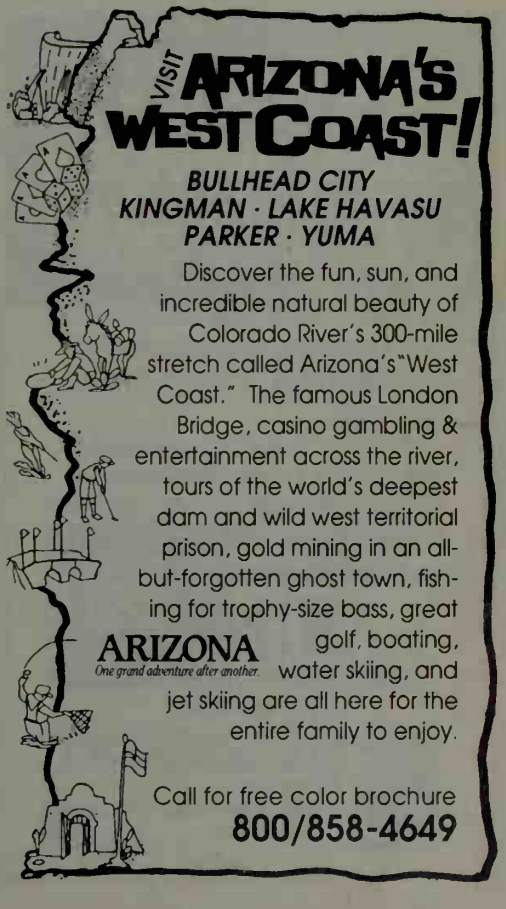
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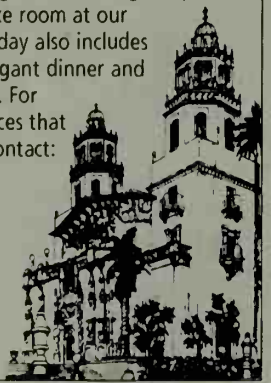

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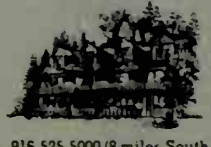

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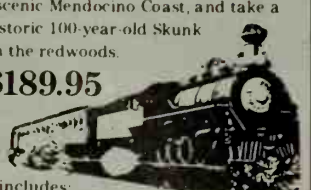

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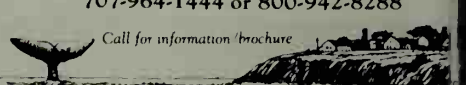

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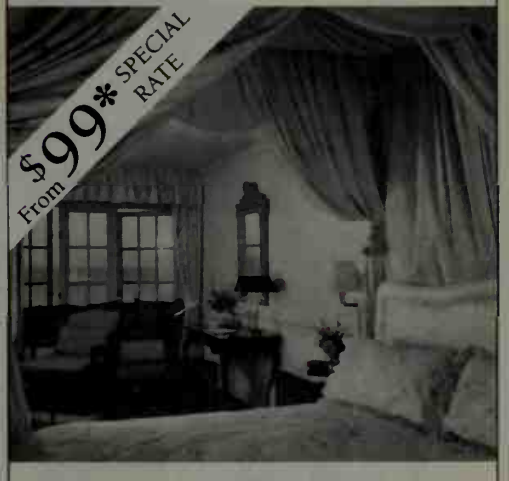

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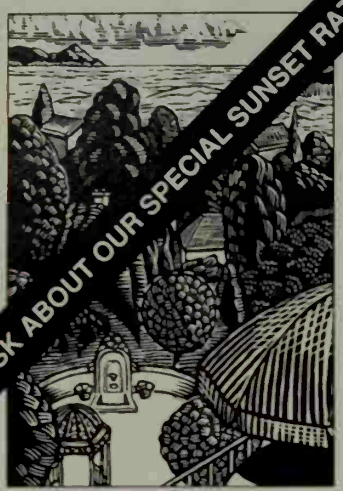

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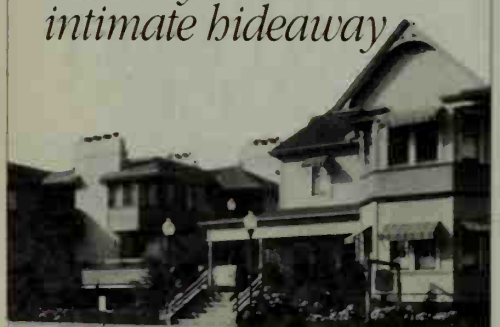

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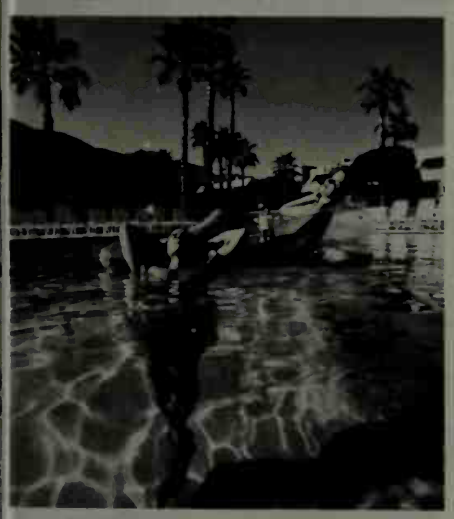

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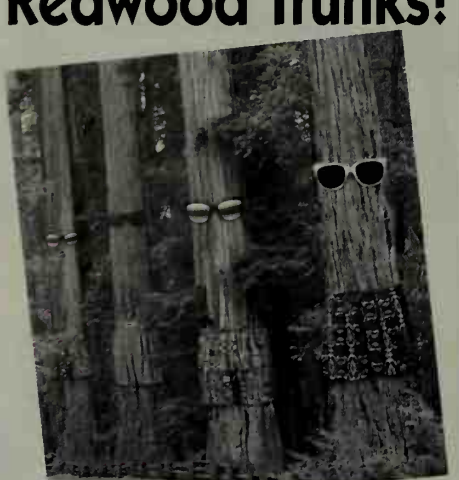

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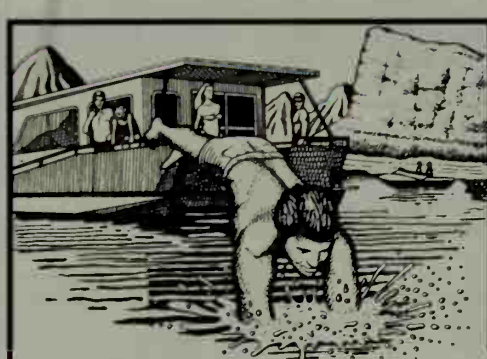

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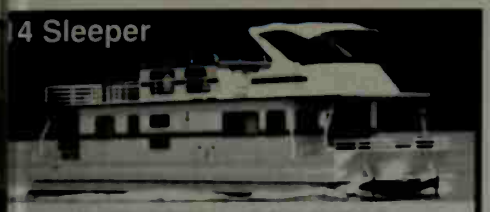

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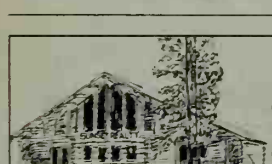

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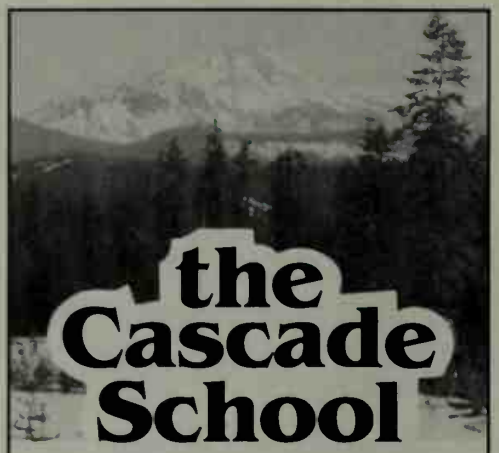

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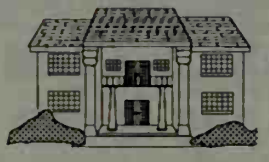

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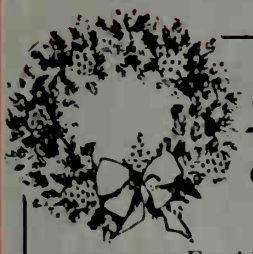

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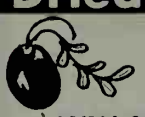

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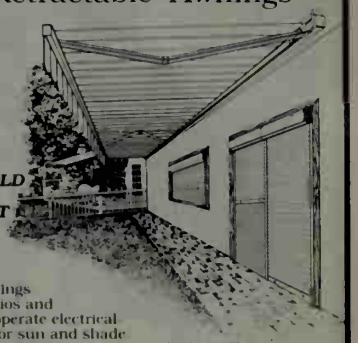

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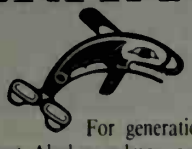

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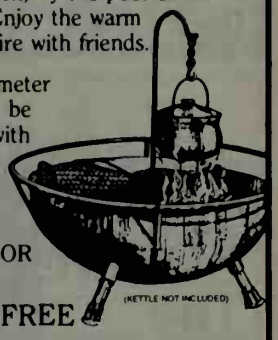

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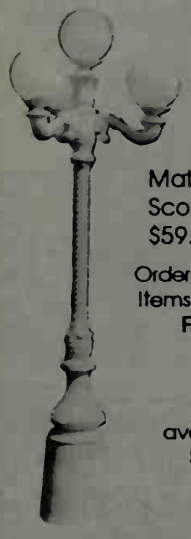

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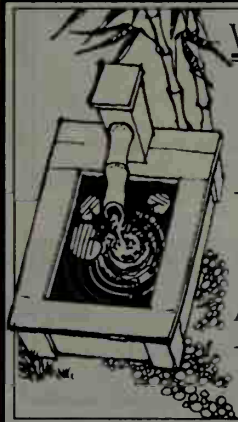

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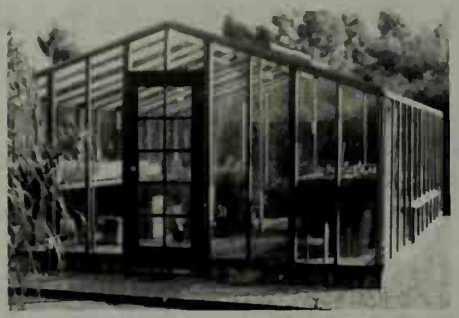

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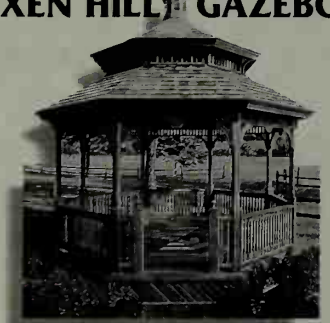

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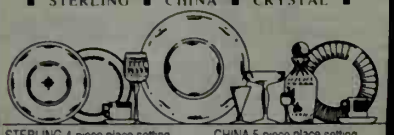

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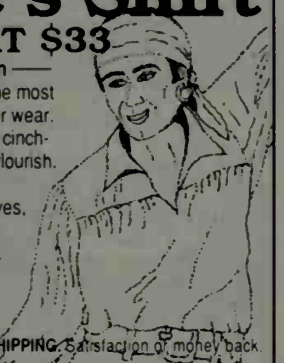

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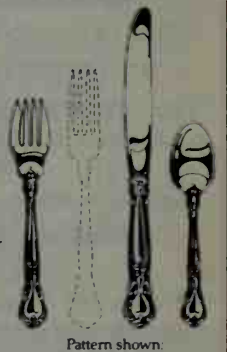

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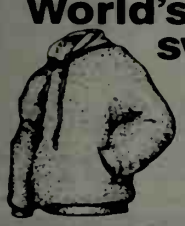

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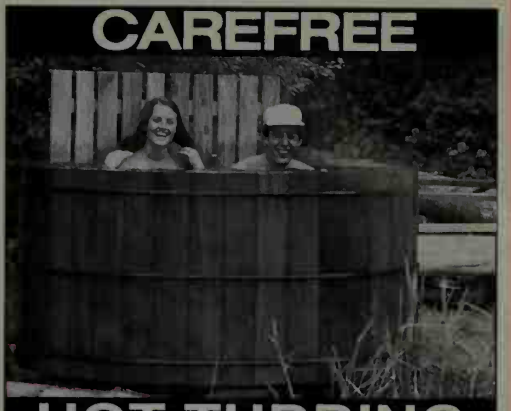

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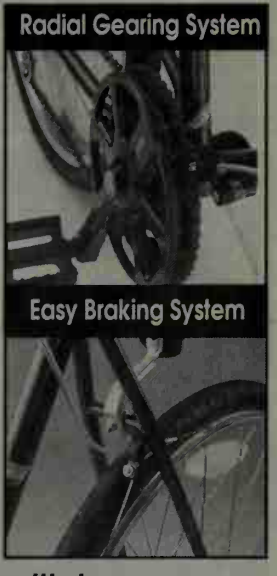

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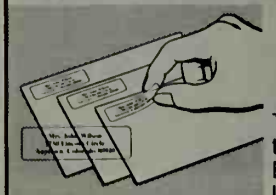

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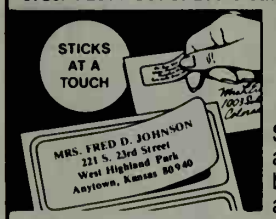

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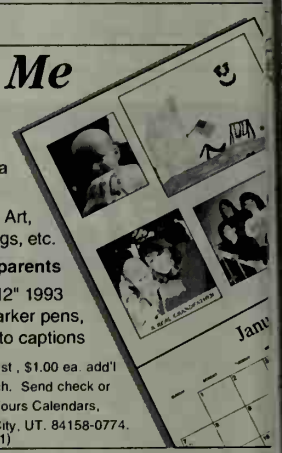

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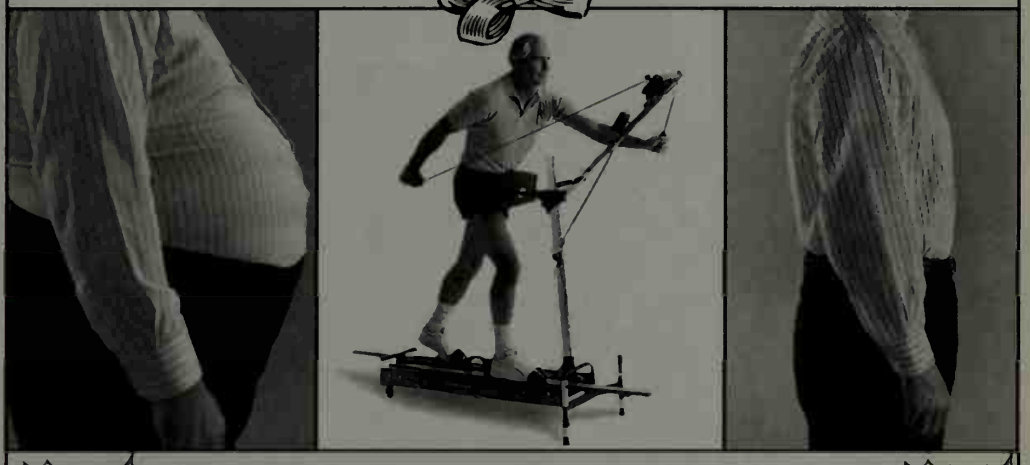

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The seascape is wilder, the town more peaceful, the holiday cheer abundant.

62 Living Christmas trees—indoors and in the garden
Choose a tree that will brighten your living room, then grace your landscape.

76 A houseful of happy holiday ideas
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136 What's new in cookware? A lot
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FROM THE EDITOR

Wiggly dinosaurs are all in her day's work

DECEMBER ISSUES EAT GOOD IDEAS. THIS ONE HAS something like 75 gift and decorating projects, recipes, gardening opportunities, and travel destinations. Where do we get all these ideas? Many come from readers—see page 41 for an invitation to get involved. Others come from *Sunset* editors and writers. And for more than 20 holiday seasons, we've counted on the inspiration of Françoise Kirkman.

PETER CHRISTIANSEN

AFTER VARNISHING *dinosaur bench, Françoise will turn it over to Alexander for testing.*

In this issue, you'll find a dozen or so projects designed or developed by Françoise, in collaboration with senior writer Peter Whiteley. You can recognize her projects by the way they combine whimsy (stockings that look like roller skates) and achievability (cards that anyone can make by folding).

Whether she's using a sewing machine or a power saw, Françoise brings to bear her Paris training as an artist. But it's her experience with children that grounds her in reality. Currently at work on a wiggly dinosaur bench, Françoise keeps her grandson, Alexander, in mind. Will he use it the way it's intended? Will he accidentally yank off its head? Will he adopt it as a pet?

Questions like these need answers before you see any project in *Sunset*. If a wiggly dinosaur appears in an upcoming issue, you'll know it passed the test.

Bill Marken Editor

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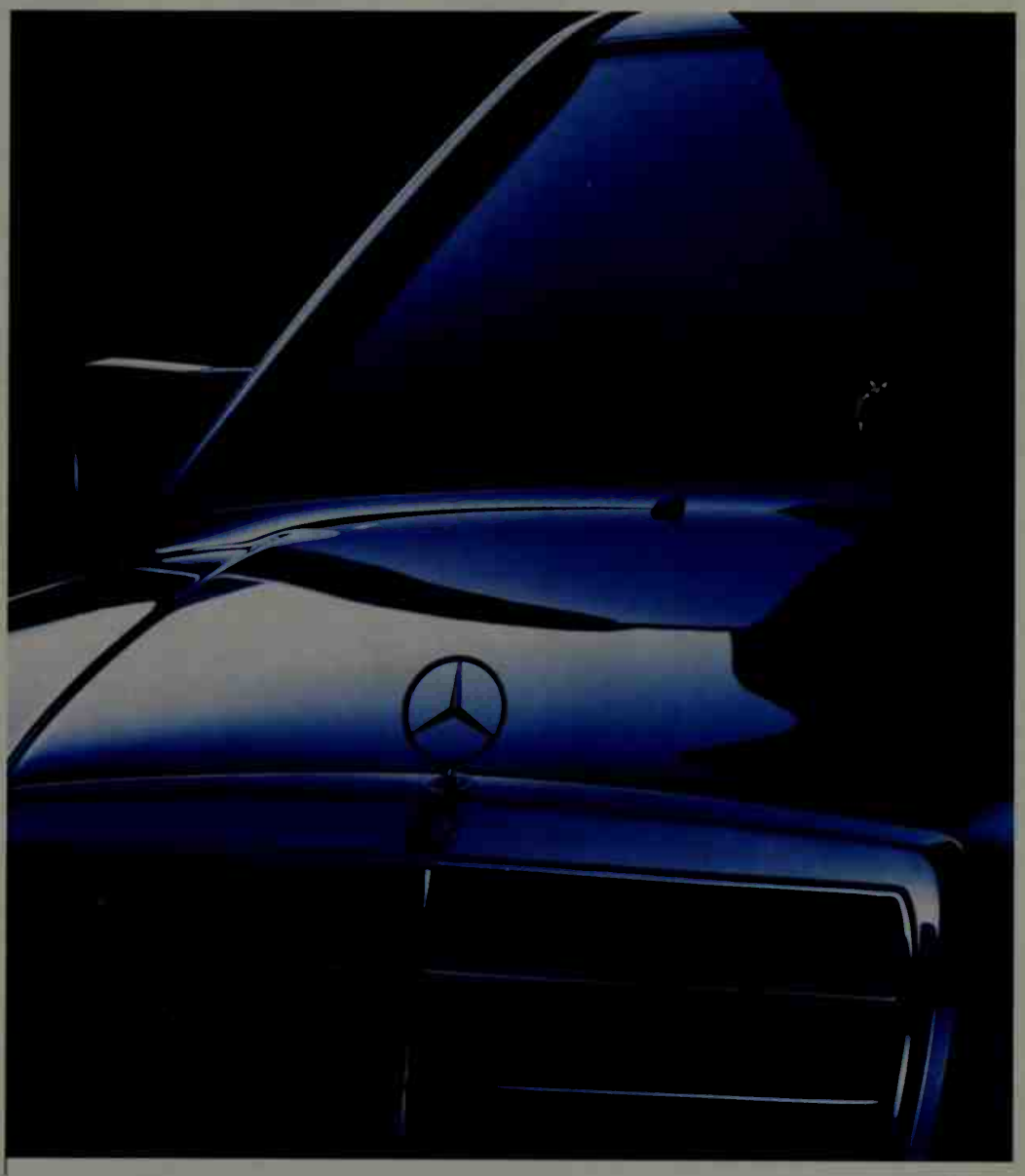
We believe the least expensive Mercedes and the most expensive Mercedes should have more in common than just the hood ornament.



You may think the similarities between Mercedes end with the hood ornament.

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Which explains why those who have been behind the wheel of a 190E 2.3 would no doubt experience déjà vu in the 600SEL Sedan.

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It's always open, unless it's closed

I enjoyed the story on Seattle's Hiram M. Chittenden Locks in the September *Sunset* (page 34, Northwest edition). In my experience, it's one of the two greatest spots for visitors; the other is the Pike Place Market. However, there is an error in the caption about the bascule bridge lifting to let the boats pass. Actually, this railroad bridge closes only when a train is due. As we say here, it's always open unless it's closed.

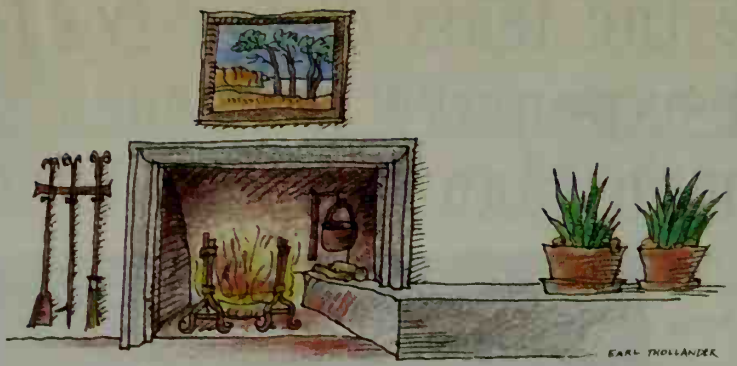
Ann Widditsch
Seattle

Warning light for olive oil additives

Your article on olive oil (October, page 98) reminded me of reports that adding certain ingredients to oil can result in food poisoning. With the renewed interest in olive oil, you may want to make people aware that adding tomatoes, garlic, and herbs to the oil necessitates refrigeration.

Mary Lee Adams
Everett, Washington

■ *According to George K. York, UC Davis extension food technologist, you can enjoy flavored olive oils without refrigeration under certain conditions. Dried tomatoes (drying concentrates their acid content) and dried herbs are safe additions to olive oil because they do not contain moisture, which bacteria must have to grow. If you want to flavor oil with garlic, the garlic must be acidified first. The FDA recommends soaking peeled, whole garlic cloves overnight in vinegar. Then, drain the cloves, pat dry, and add to oil. If you do not acidify the garlic in this manner, you will indeed need to refrigerate the flavored oil.*



Fireplace on Sunset's Entertainment Patio

College towns stir feeling of pride

Twenty-one years ago, I chose to attend California State University at Chico, not only for an education, but also for its "atmosphere." I was never disappointed.

After reading your article on the West's top five college towns (October, page 86), I felt proud to be an alumna of a university that nurtured me in a place where I was comfortable growing up. Even though I haven't been there in years, your article reminded me of the close ties I still feel to Chico.

I now attend the University of Nevada, Reno. If you take the time to look beyond the city's 24-hour casino image, you may be surprised to know that it's also a great college town.

Jane Oling-Nau
Reno

Hoofing vs. hiking on Maui

Your article on horseback treks in Maui (September, page 38) and the photo of the riders in Haleakala Crater pleasantly surprised me because I read the magazine only four days after having hiked in the crater on my honeymoon.

Although I have no doubt that a horseback trek is fun for some, I take exception to the statement that a horseback trek lets one "see far more" of the volcanic summit than one can see on foot in a comparable period of time. During our walk in the crater, I observed a group of riders—how and where they traveled, when and how they stopped—and I am confident that my husband and I "saw" far more of the volcano on our 12-mile hike than the riders did. We felt the lava underfoot, stopped to admire the rare silversword plants, studied the endangered nene goose, and got soaked while walking through the grasslands and shrubs of the crater. In only part of a day, we saw and experienced far more than I ever could have all day long on a horseback tour.

Elizabeth Schwartz
Los Angeles

CAROL L. WHEELER

Reworking theme of a banner idea

Enclosed is a photo (above) of a project I recently completed based on an idea published in the August 1990 *Sunset* (page 66). Until the year of the big freeze, the neighbors and I had trees between us to afford necessary privacy. These new privacy screens now make it possible for me to sit in my backyard without feeling like I'm in a public place. In fact, I like them so much I'm making more.

Carol L. Wheeler
Sacramento, California

■ *Our banner idea was so popular that we've reworked the concept as a bold and graphic Christmas decoration. You can see our new approach on page 90.*

Kauai update: hotlines and helping hands

After the storm. Last September, Hurricane Iniki slammed into the Hawaiian island of Kauai with 145-mph winds that did an estimated $1.5 billion in damage.

While it may be nearly summer before the island as a whole will be ready to welcome visitors, some hotels and condominiums will begin reopening after the first of the year.

To help visitors get up-to-date information on the island's recovery, two toll-free 24-hour hotlines have been set up. To speak to a volunteer, call (800) 262-1400. You can also fax a message or question, and receive a like reply, to 637-5762.

Helping at Christmas. As we enter the holiday season, many residents on Kauai are still trying to put their lives and homes back together in the wake of Iniki's islandwide devastation. Over the years, the people of Kauai have made Island vacations special for millions of visitors. For those of us who've experienced that aloha spirit, there is no better way to show our thanks than to share some of our holiday bounty with Kauai families who have none. To help, simply send a check to Kauai Disaster Fund, c/o Mayor JoAnn Yukimura, 4396 Rice St., Suite 1011, Lihue 96766.

Send letters to Open House, *Sunset Magazine*, 80 Willow Rd., Menlo Park, Calif. 94025; fax (415) 321-8193. Include a daytime telephone number.

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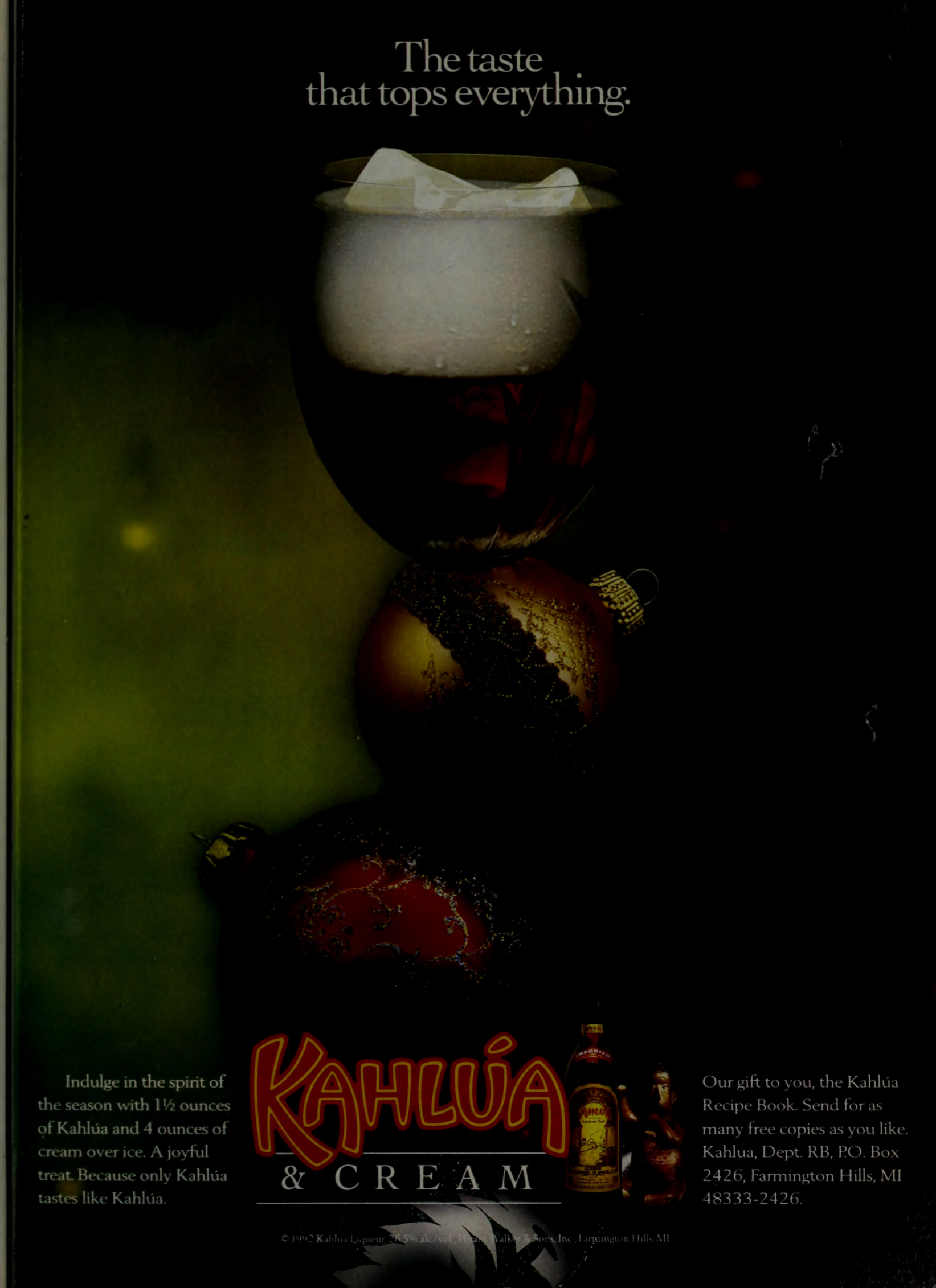

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Get away to Monterey and beat the holiday crush

■

Columbia celebrates its mining roots in seasonal style

■

Two takes on a classic ballet in Oakland

Sunset's TRAVEL GUIDE

Santa Cruz rebuilds, just in time for last-minute shopping

■

Winter walks for weekend wanderers in San Francisco

■

A Vail exhibit honors soldiers on skis

SHMUEL THALER

IN DECEMBER, MONTEREY'S *historic adobes (including the Larkin House, seen here) open to the public for candlelit tours.*

MONTEREY

Enjoy adobes by candlelight or a cruise on the bay

December weekenders in Monterey can participate in several appealing and historically resonant holiday events. For example, the pine tree outside Colton Hall Museum is lit on Friday, December 4. As the evening sky darkens, the assembled crowd sings carols, watches the great pine burst into a bloom of white lights, and then troops into the historic, Santa-equipped structure for free cookies and hot cider.

For Christmas in the Adobes, December 10 through 12, several dozen residences and public buildings from the early periods of the Monterey settlement are decorated and lit only with candles and luminarias. You start at Cooper-Molera Adobe at 525 Polk Street, where tickets are sold ($10 for adults, $1 for ages 6 through 17). Inside each adobe, a different treat awaits you: caroling, live Spanish guitar music, Mexican chocolate or hot cider, cookies or popcorn. The adobes are open from 5 until 9. For more information, call (408) 649-7111.

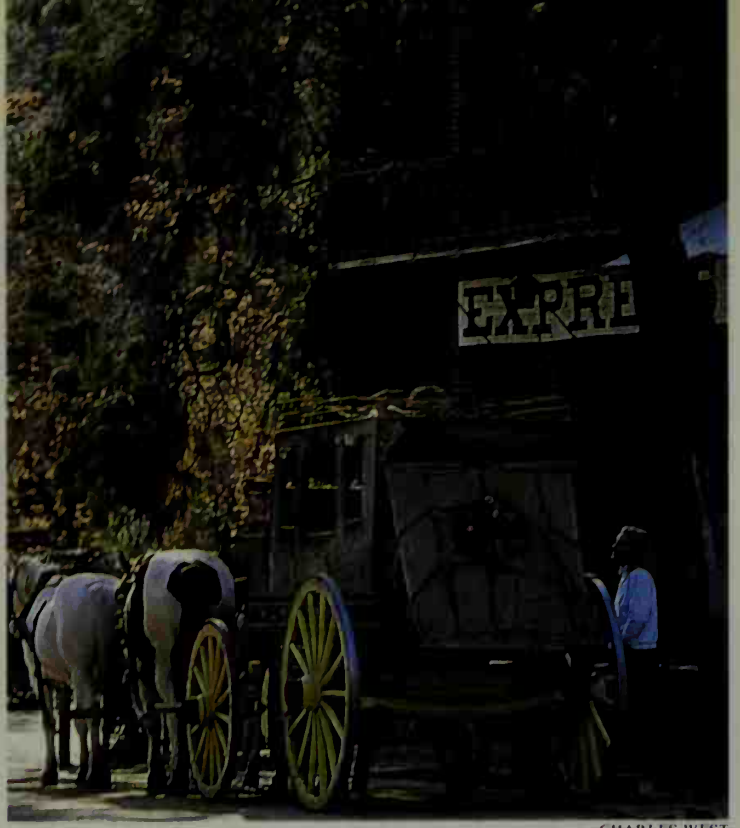
On December 11, the city sponsors its free annual Posada Procession. The crowd gathers at 6:30 at the Monterey Conference Center to follow a mariachi band and a homeless Mary and Joseph through the streets of the old town. Be sure to bring candles or a flashlight. For the finale, you return to the start-

Sunset's TRAVEL GUIDE

ing point, where candy-filled piñatas await excited youngsters. For more information, call 646-3866.

Convenient, locally recommended places for dinner in this historic quarter include Bindel's (great crab cakes, inside one of the adobes), Cibo's (Italian, noisy, and fun, on Alvarado Street), and Triples (Californian, at Heritage Harbor).

For Christmas-weary souls, a 2-hour whale-watching cruise on Monterey's wildlife-rich bay offers comparative solitude. There, the only caroling you'll hear is that of marine mammals. For a truly mind-clearing voyage, we suggest the most experienced of the whale-boat operators at Fisherman's Wharf, Sam's (372-0577), which also handles Audubon bird-watching trips and rock cod–fishing expeditions. Trips are $10 and up.—*Marcia Williamson*



CHARLES WEST

A YULETIDE WREATH *decorates a stagecoach for Miner's Christmas at Columbia State Historic Park.*

COLUMBIA, CALIFORNIA

Mining for Christmas cheer in the Mother Lode

Columbia State Historic Park puts on a Yuletide face when it celebrates Miner's Christmas on December 5, 6, 12, and 13.

Columbia, as anyone who has strolled through the town knows, is inherently Christmassy. Weathered red brick walkways are framed by green conifers, intermittently lightened by colored bursts from poplars and sycamores. Dark green shutters and doors trim the simple brick commercial buildings, with black iron straps as sturdy accents. Even the firehouse seems festive: the bright red, 1852 hand pumper, Papeete, has been restored to full glory with an enameled medallion of a reclining, bare-breasted woman savoring a cluster of red grapes.

For Miner's Christmas, Columbia gets even more decked out; its porches are pine-garlanded and beribboned, and the proprietors of its Gold Rush–era mercantile companies wear period attire. Last-minute gift ideas include cookie cutters at Towle & Leavitt, scarlet long johns at New York Dry Goods, and antique paper ornaments at the Cheap Cash Store.

In addition to Columbia's usual historic displays and activities (including stagecoach rides and mine tours), you can roast chestnuts and visit a particularly comfortable Santa at Johnson's Livery, make candy canes at the Columbia Candy Kitchen, and attend holiday performances at the Fallon House Theater. For a schedule of Miner's Christmas events, call (209) 532-4301 or 532-0150.

Another Columbia Christmas event requires—and deserves—more planning. From December 2 through 20, the Columbia City Hotel, which offers fine food in an elegant setting year-round, serves an extremely popular multicourse Victorian feast every evening except Mondays and Saturdays. For reservations, call 532-1479.—*M. W.*

OAKLAND

A hundred years of building a better *Nutcracker*

It's centennial time for one of our best-loved holiday standbys, Tchaikovsky's *Nutcracker*. This season, two fine Oakland dance companies offer audiences two very different versions: one as close as is historically possible to the spirit of the original story on which the ballet is based, and another wildly and joyously reflective of a hundred years of social change.

Originally produced in St. Petersburg as an entertainment for the court of the czar, the *Nutcracker* was adapted from an E. T. A. Hoffmann tale of a magical journey in which two young souls learn about the transformational power of love. But much to Tchaikovsky's dismay, the ballet's second act veered from the beautiful but rather serious Hoffmann story for an adaptation that better served the set dance pieces that have become so familiar to modern audiences.

At the Oakland Ballet, which is known for its historic reconstructions, artistic director Ronn Guidi has put together a centennial *Nutcracker* that maintains the balletic sensibility of the first production, but incorporates more of the Hoffmann story, of which Tchaikovsky was so fond, into the second act. Guidi's version, performed in the spectacular Paramount Theatre, is more intimately staged than others, and it focuses on the universality of the ballet's theme, which is subtly communicated through multicultural casting.

Performances run December 11 through 27; tickets range from $6 to $39. For reservations, call the Paramount at (510) 465-6400, or BASS at 762-2277.

Meanwhile, in another great Oakland performance space, the Scottish Rite Auditorium, the Dance Brigade presents its exultantly radical *Revolutionary Nutcracker Sweetie,* complete with a Latin jazz score, an underwater scene, elements of rap and hip-hop, wheelchair dancing, Native American incantations, and even bungee jumping. Rather than a metaphor of a poetic rite of passage, this *Nutcracker* is a zany celebration of the energies of a group of people exploited or ignored by the capitalistic McGreed family, at whose ostentatious hearth an alternative party develops.

First concocted in 1987 by Krissy Keefer and Nina Fichter, this wild event has become mustn't-miss holiday fun for an annually increasing number of devotees. Five performances are given from December 18 through 20. For tickets ($10 to $15), call

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BASS. For more information, call (510) 465-3686.—*M. W.*

SANTA CRUZ

Quake-mauled mall rises again

Christmas shopping has never been our favorite pastime, but many were the Decembers we shopped Santa Cruz's Pacific Garden Mall, where the mix of history and tie-dyed zaniness made the gift grope seem almost fun.

The fun ceased with the 1989 Loma Prieta earthquake. As our September seismic-safety article discussed, the mall's historic buildings took a terrific beating in the 7.1 temblor.

Three years after the quake, many vacant lots remain, but much progress on a new downtown has been made. Anchoring the mall's east end is the newly completed St. George Hotel; other buildings have risen as well.

On December 5, the city reopens the mall with a commemoration ceremony. Among the scheduled events are a 10 A.M. parade. For information, call the Downtown Association of Santa Cruz at (408) 429-8433.

As for that shopping, here are some of our favorite stops. Bookshop Santa Cruz has reestablished itself at 1520 Pacific Avenue on the St. George's first floor. If you want to improve the exterior, rather than the interior, of a loved one's head, try The Hat Co. of Santa Cruz, at 1346 Pacific. Integrand Design, at 1515 Pacific, has a good selection of kitchenware in one of the few historic buildings to survive the quake.

Need some caffeine to get you through your shopping list? Downtown is rife with coffeehouses, including the Santa Cruz Coffee Roasting Company, at 1330 Pacific; Caffe Pergolesi, at 418 Cedar Street; and the Jahva House, at 120 Union Street.

For updated downtown maps and guides, stop by the downtown association office, 1543 Pacific; hours are 8 to 5 weekdays.—*Peter Fish*

SAN FRANCISCO

Scaling the City: Telegraph Hill's stairway walks

To occupy and entertain early-winter wanderers, we mapped out a loop walk around Telegraph Hill that takes in five stairways, innumerable gardens, and as many bay and city views in less than an hour.

Your walk starts at the corner of Sansome and Filbert streets, at the base of the Filbert Stairway, which angles up the east side of Telegraph Hill and is probably the best known of the 300 or so stairways that crisscross San Francisco.

After you pass secluded Napier Lane and Darrell Place, take a right onto Montgomery Street and follow the path past the small mural of Ginger, a teacup poodle, to the end of the cul-de-sac. Just next to Julius' Castle Restaurant, take a left at the old brick Greenwich Stairway and hike to the top of the hill, where the view of San Francisco Bay through the cypress trees at Coit Tower makes up for the steepness of the hike.

Continue along the paved trail past myriad eucalyptus and pine trees to the back of the tower. From there, follow Lombard Street down a half-block and take a right on Julius Street. After a short stairway, turn left on Whiting Street, then right onto Grant Avenue. Before you reach Francisco Street, an ivy-covered stairway on your right invites you to ascend the stairs to Jack Early Park.

Back on Grant, take a right on Francisco to a wooden stairway and down to the immaculate Wharf Plaza. At Kearny Street, either take a left to explore the wharf, or follow Francisco to Montgomery, turn right, then left on Lombard and right onto Battery Street past Fog City Diner and Il Fornaio restaurant. Levi's Plaza, with its graceful waterfalls and forested knolls, is a good spot to end your hike.

Parking around Telegraph Hill is always a challenge, especially on weekdays. On weekends, however, metered parking places are available before noon near Sansome and Chestnut.

A unique and helpful guide to the stairways and hidden gardens of San Francisco is Adah Bakalinsky's *Stairway Walks in San Francisco* (Lexikos Publishing, San Francisco, 1992; $9.95). For information about guided walks around Telegraph Hill, call City Guides at (415) 557-4266.—*Robert Crisell*

THE FILBERT STAIRWAY *on Telegraph Hill skirts some of the city's prettiest private and public gardens.*

PETER CHRISTIANSEN

VAIL

Honoring the skiing soldiers of World War II

A new permanent exhibit may surprise visitors to the Colorado Ski Museum in Vail. The show pays homage to the 15,000 men of the 10th Mountain Division who were stationed at nearby Camp Hale in 1942, and features some 80 historic photographs from the National Archives and private collections as well as a re-creation of a bivouac used by the troops during their training.

It could be argued that World War II hastened the development of Colorado's ski industry. Training here for winter fighting in snowbound parts of Europe, the 10th Mountain Division had its share of first-time skiers. Many came to love both skiing and the Colorado Rockies; after the war, some returned and became key figures in the state's burgeoning ski industry.

The museum moved to its present location just last year and so has more space to show off its collection, which includes a circa 1946 chair from Aspen's first lift and a replica of a pair of Teddy Roosevelt's 9-foot skis. A hall of fame honors such renowned Colorado skiers as Olympic medalist Billy Kidd.

The museum is at 231 S. Frontage Road in the Vail Village Transportation Center. It opens for the winter season when Vail's ski lifts start running—often by Thanksgiving—and closes April 15 through May 31 and October 1 until Thanksgiving. It's open 10 to 5 daily except Mondays, and admission is $1, 50 cents for ages 3 through 15. For more information, call (303) 476-1876.—*Lora J. Finnegan* ■

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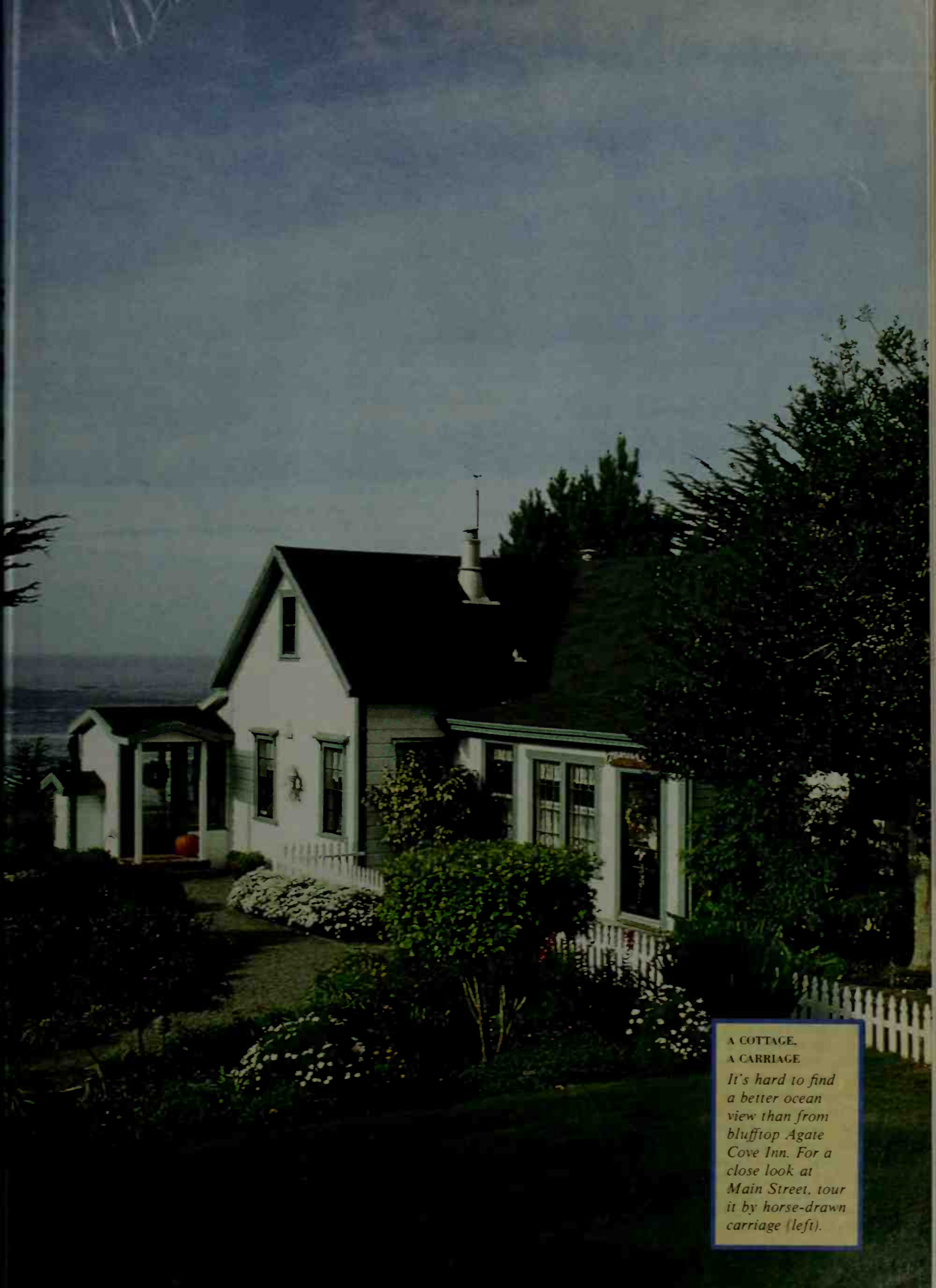
Mendocino in winter

NOW IS THE TIME TO GO, WHEN IT'S QUIETER IN TOWN, WILDER ON THE SHORES

How sweet it is, when storm-driven waves lash the rocky coves and blasts of wind make driving along the cliff-hugging coastal highway a white-knuckle adventure. That's when faint-hearted visitors stay home, and you can have Mendocino practically to yourself.

Winter, it seems, is the only time this little town 150 miles northwest of San Francisco feels like its old self—the peaceful village we all fell in love with before tourists began overrunning it each summer. Perched on a bluff above a craggy cove, its streets lined with board-and-batten houses, the

ANNE HAMERSKY



A COTTAGE, A CARRIAGE

It's hard to find a better ocean view than from bluff top Agate Cove Inn. For a close look at Main Street, tour it by horse-drawn carriage (left).

ANNE HAMERSKY

LEMON SUNSET *silhouettes daredevils on arches at Mendocino headlands (left). Above, O'Prancer and friends guide Santa across the bough-trimmed Irish Shop on Main Street.*

town has long been likened to a classic Eastern seaboard village, or, as one architecture guidebook puts it, "a bit of Cape Cod shipped around the Horn." In winter, you'll find quieter streets for strolling and shopping, as well as the timeless pleasure of walks along rugged cliffs or driftwood-strewn beaches.

Between storms, winter weather can actually be quite mild. And booking an inn requires far less advance time than in summer (Christmas week is the exception). Some hostelries even offer winter discount rates.

THE GLORIES OF NATURE

When the climate is clement, here's a good way to while away a winter day in Mendocino.

Start with a morning hike to the ocean. One of our favorites goes through undeveloped state parklands just south of town. Take State Highway 1 to Gordon Lane, and park in the dirt pullout by a small state park access sign. Follow the trail down to a marine terrace and ocean overlooks.

When you're ready for lunch, there are some fine places to picnic and do a bit of beachcombing—particularly rewarding in winter when high waves wash up piles of curious-looking flotsam and jetsam. Buy sandwiches and other basket fillers at the Cheese Shop (45050 Little Lake Road), then head for Big River Beach, just below Mendocino's bluffs, or to Fort Bragg's Glass Beach.

Winter's low tides offer great opportunities for peering into the quiet lives of tidepool creatures. Pools at MacKerricher State Park's Laguna Point, just north of Fort Bragg, are easily reached and wheelchair accessible, but somewhat overcrowded. Less known and richer in intertidal marine life is Bruhel Point, farther north toward Westport, where tidal shelves are a short hike from the parking lot. Check tide tables for best times.

At day's end, drop by the locals' favorite place to catch the sunset—Mendocino Headlands State Park, at the end of Little Lake Road. Pick up a warming caffelatte at the Mendocino Cookie Company (10450 Lansing Street), then head for the park to catch a show of backlit waves roaring through stone arches and smashing against the stairstepping bluffs.

A SMALL TOWN FOR BIG-TIME SHOPPERS . . .

After you've taken in the natural wonders of the coast, the treasures of town may beckon. Mendocino's sophisticated shopping and dining belie its small-town status.

Among our favorite shops is the Highlight Gallery (45052 Main Street), where you'll find wood art ranging from $20 inlaid wood cutting boards to a $10,000 Brazilian wood cabinet.

The Irish Shop of Mendocino (45050 Main) sells handknit sweaters, Irish oatmeal, jams, and mustards. At the Mendocino Chocolate Company (Lansing and Ukiah streets), the names of chocolate sweets—flukes, Mendocino breakers, Fort Bragg 2-by-4s—resonate with regional flavor.

For a good book to curl up with in the evening, stop in at the Gallery Bookshop (319 Kasten Street). Material for bedtime storytelling is next door, at Bookwinkle's Children's Books.

. . . AND DISCRIMINATING DINERS

You'd be hard-pressed to find a bad meal in this town. The Mendocino Bakery and Cafe, on Lansing Street near Ukiah Street (8 to 6 daily), is a good place to start your day. Have a hot java and bear claws, pecan pie bars, or ruglach (with cream cheese, currants, and raspberries).

We've never met a meal we didn't like at the Cafe Beaujolais (961 Ukiah), and the pizzas and fresh breads from The Brickery (its bakery operation behind the cafe) are outstanding; the cafe is open Thursdays through Mondays for breakfast, lunch, and dinner. The Chocolate Moosse Café (Kasten and Albion streets) offers imaginative lunch and dinner menus at bargain prices.

For listings of more restaurants, sights, and lodging, call the Fort Bragg–Mendocino Coast Chamber of Commerce at (800) 726-2780. For more lodging help, try Mendocino Coast Accommodations at (707) 937-1913. ■

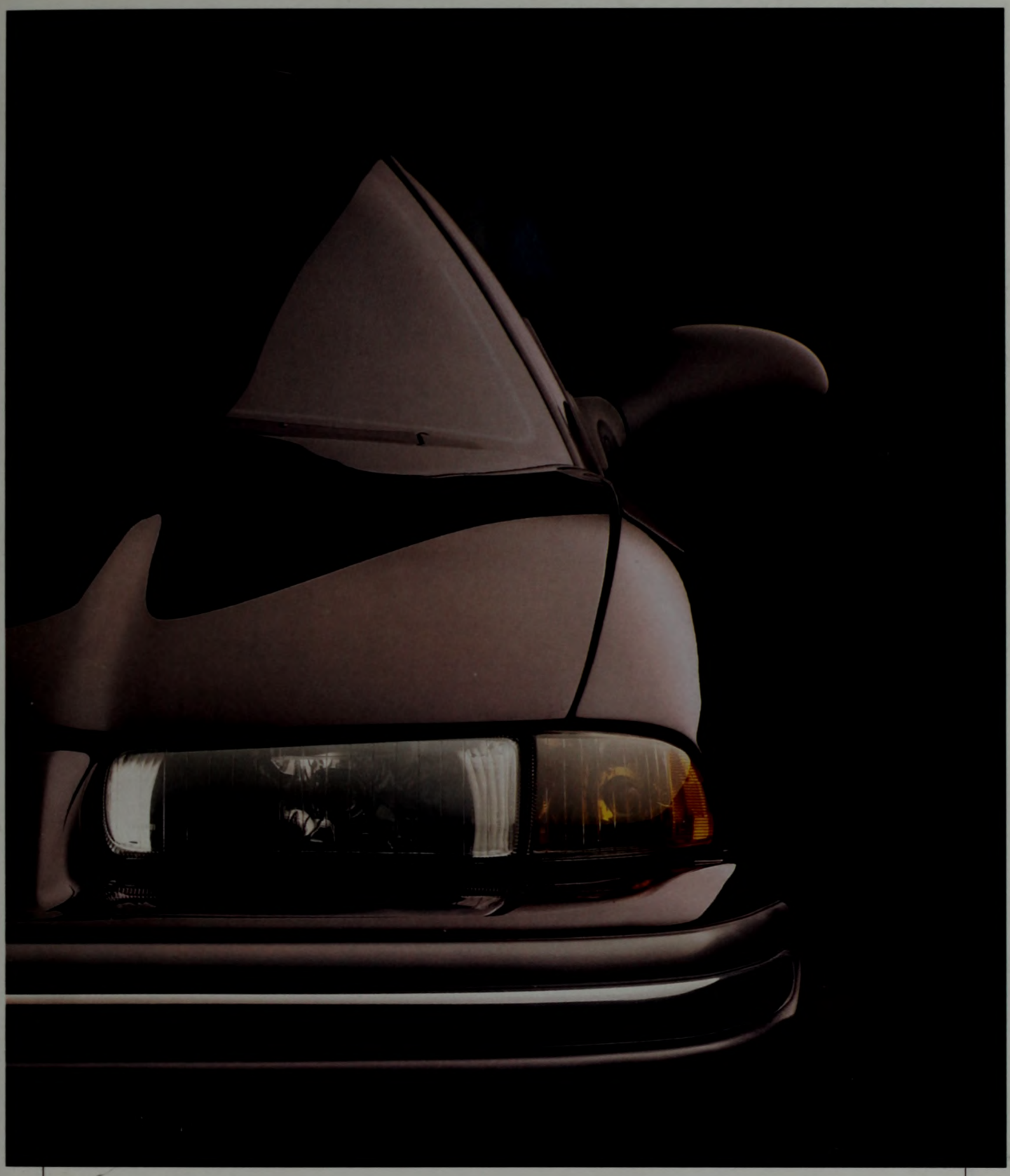
By Lora J. Finnegan

MAKING MERRY IN MENDOCINO

Mendocino literally lights up with holiday spirit during its annual Christmas festival, celebrated this year from December 4 through 20. Now in its third year, the festival has more carolers and more events, and has expanded its popular inn tours.

The festivities kick off at 6 P.M. December 4 with tree lighting and caroling at the Kelley House Museum on Main Street. At 8 P.M. on the 6th, join a sing-along *Messiah* at the steepled Mendocino Presbyterian Church, 44831 Main Street ($3 donation). The Mendocino Theatre Company offers readings of Charles Dickens's *A Christmas Carol* at 8 P.M. December 4, 5, 11, and 12, with matinees at 2 December 6 and 13. For location and tickets ($5), call (707) 937-4477.

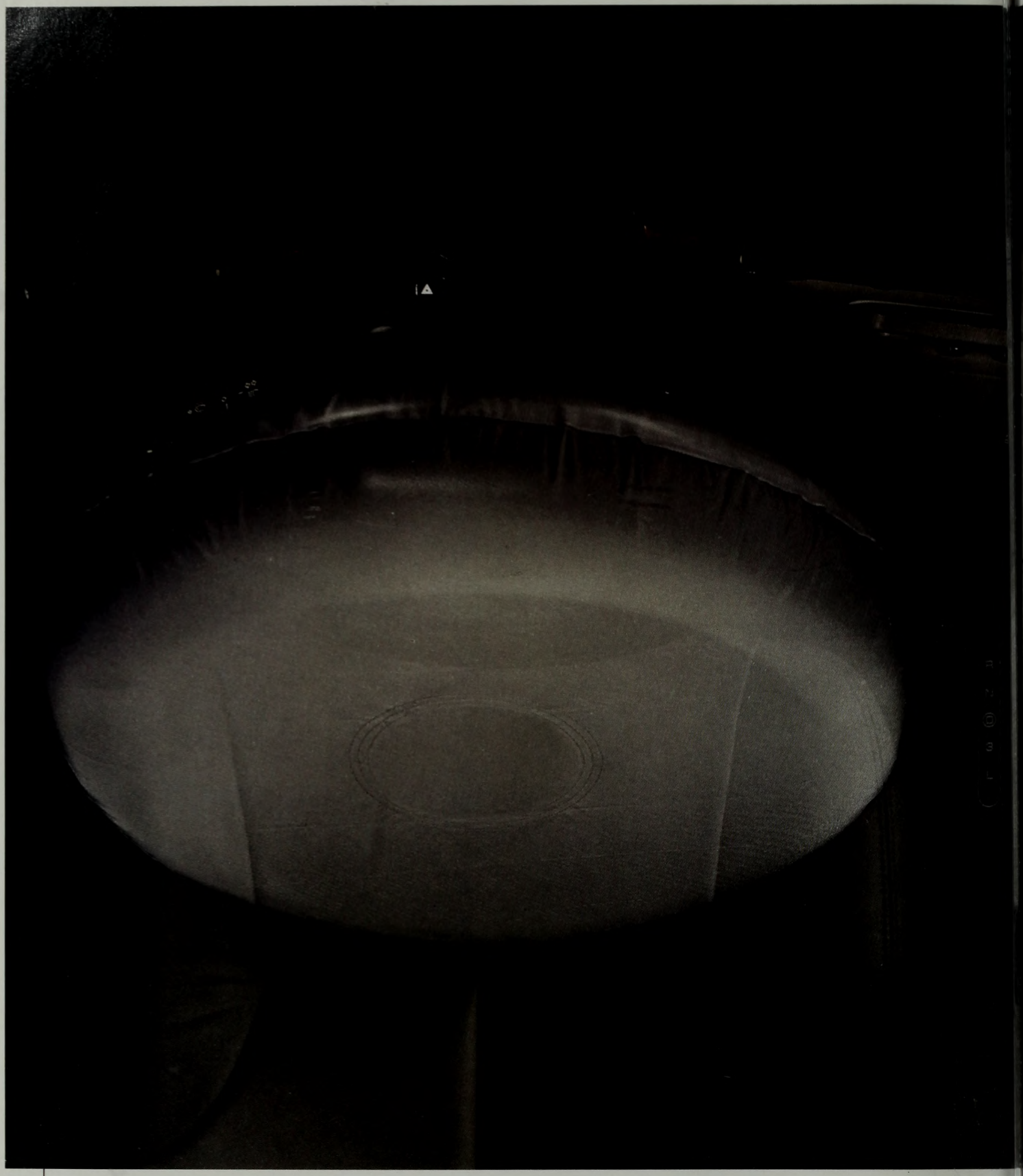
To take a candlelight tour of decorated inns from 4 to 7 on December 9 and 10, pick up a guide at Mendocino stores and inns or at the chamber of commerce office (332 N. Main Street, Fort Bragg).



It was voted "Best in Show" at the
North American International Auto Show.
It must be Japanese.

It has more horsepower than the Acura Legend, and BMW 525i, and more torque than Nissan 300ZX. It's German, right?

It has more interior room
than any Lexus, Acura, Infiniti or
Mercedes. Is it American?



It comes with dual air bags and ABS sta
and a built-in fold-down

ırd. It offers computerized traction control,
ıild seat. Is it from Sweden?

Where this car is made is not n
Introducing the

As *AutoWeek* magazine puts it, this car "has traits that render meaningless such adjectives as Europea Japanese and American." It's world class. Which simply means it can compete with anything the world has t offer, regardless of national origin. Its 3.5-liter, 24-valve overhead cam V-6 makes it the rival of any four-doo sedan in any showroom in the country. When it comes to handling, *AutoWeek* adds: "Chrysler didn't just targe what was out there. It anticipated where the world would be and aimed beyond that mark. It hit where it aime

In the realm of safety, the Chrysler Concorde has driver *and* passenger air bags and anti-lock four-wheel dis

7/70 3/36

See limited warranties at dealer. Restrictions apply. 3/36 excludes normal maintenance, adjustments and wear items. *MSRP example. Title, taxes and destinatio

y as important as where it's sold.
rysler Concorde.

akes as standard equipment. (Less than 5% of cars on the market can make that claim.) Fit and finish are

peccable—each car has a new clear finish called Diamond Coat that protects the paint and body from a variety

hazards, including acid rain.There is one area, however, in which this car falls far short of most luxury

dans from Japan and Europe: the price. At just $23,432,* fully loaded, it's going to make it necessary

r certain luxury carmakers to rejustify the price of their cars. For information, call 1-800-4A-CHRYSLER.

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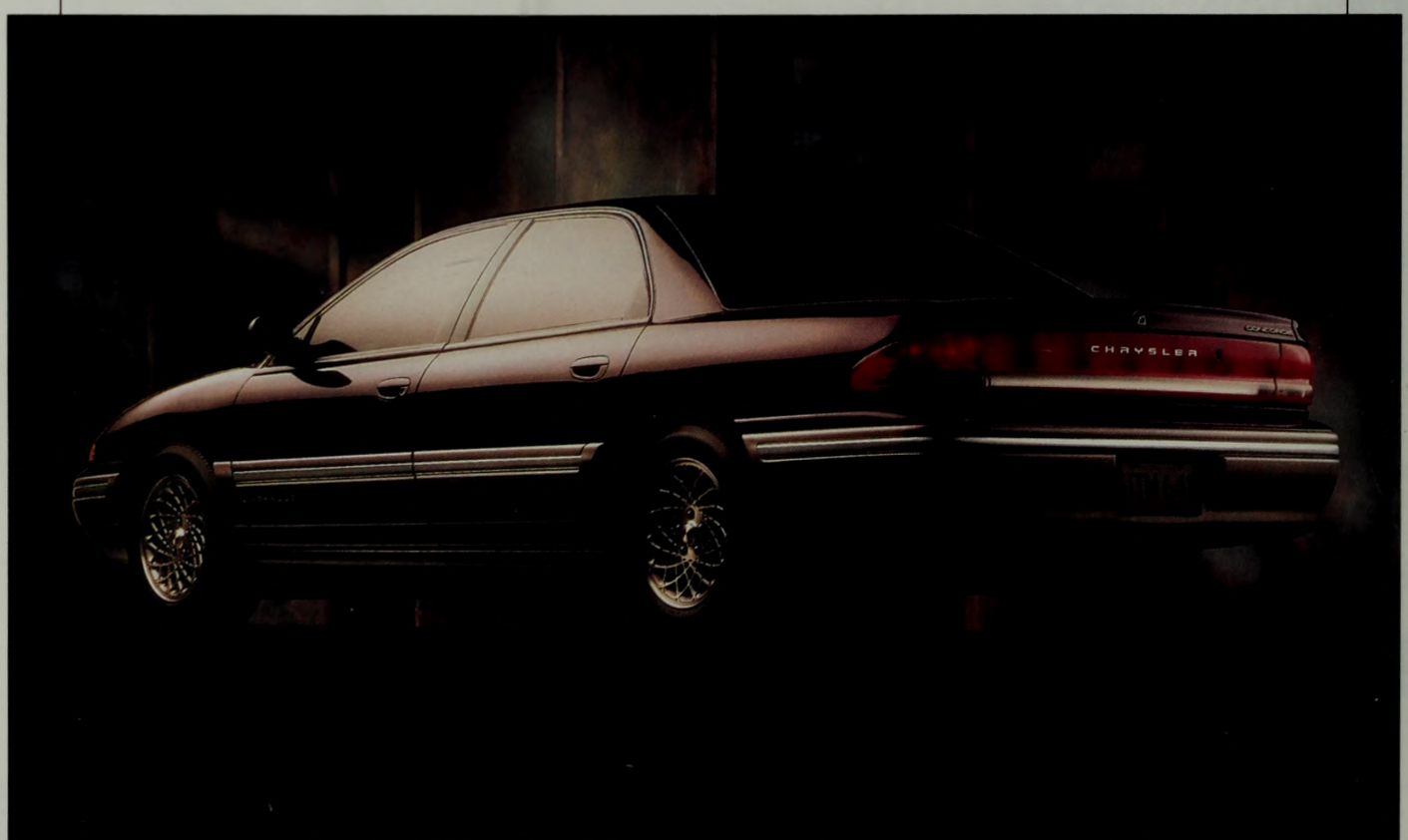

CHARLES WEST

CAROLERS AND CHRISTMAS TREES *bring holiday cheer into Westin St. Francis on Union Square.*

Hotel holidays in San Francisco

Bargain rates and store discounts attract shoppers to Union Square hotels

BEFORE MALLS BEGAN to lure shoppers away, urban Christmas shopping was an adventure worthy of anticipation: dressing up and heading downtown, peering at elaborately decorated store windows, popping into a grand hotel to lunch or listen to carolers.

You can still find that experience at the hotels and department stores bordering San Francisco's Union Square. To entice shoppers to enjoy the holiday scene in a leisurely fashion, many area hotels offer bargain packages for overnight stays. Room rates may be discounted as much as 50 percent; packages also include things like free parking (a real plus here), store discounts, and free gift wrapping.

Here are descriptions of packages available now at two hotels directly on the square, and at several other hotels within a block. Rates are for one night, single or double occupancy. Area code is 415, unless toll-free.

ON UNION SQUARE

Grand Hyatt San Francisco on Union Square, 345 Stockton Street; 398-1234. This 36-story luxury tower hotel has postcard views of the city from upper floors. The holiday package rate of $149, offered through December 30, includes free valet parking and discounts on dinner from room service or in The Plaza Restaurant and on tickets to selected San Francisco Ballet performances of *The Nutcracker,* as well as discounts at F.A.O. Schwarz and Ghirardelli Chocolate. Carolers perform here periodically throughout December.

Westin St. Francis, 335 Powell Street; 774-0176 or (800) 228-3000. This historic hostelry has hosted writers, actors, and statesmen (President Ronald Reagan and Queen Elizabeth II both stayed here on March 3, 1983—in separate suites), since opening in 1904. Holiday package rates, offered through January 10, are $117 to $159; they include food and beverage coupons, and gifts, discounts, and free gift wrapping from area stores. Choirs perform in the lobby through the month.

WITHIN ONE BLOCK

These hotels offer holiday packages with bargain rates as well as some unique features. For information on other packages, call San Francisco Reservations at (800) 677-1550 or call the city's visitors bureau at 391-2000.

The Chancellor Hotel, 433 Powell Street; 362-2004. Holiday package ($89, through February 15) includes a Macy's shopping package, with free gift wrapping and delivery to the hotel, as well as discounts on bay cruises and a Chinatown tour.

The Handlery Union Square Hotel, 351 Geary Street; 781-7800 or (800) 995-4874. Christmas Classic package ($99, through January 3) includes free valet parking, a gift, and free gift wrapping and delivery to your hotel room.

Kensington Park, 450 Post Street; (800) 553-1900. Holiday package ($89, through January 10) includes free parking, a gift package, and shopping discounts.

The Raphael Hotel, 386 Geary Street; 986-2000 or (800) 821-5343. Winter package ($79 to $99, December 1 through April 30) includes discounts at Hastings, the Carnelian Room, and restaurants in the Westin St. Francis, and a two-for-one pass to The Improv comedy club.

Villa Florence, 225 Powell Street; (800) 553-4411. Winter Fest package ($95, through March 30) includes free gifts from Saks and I. Magnin, store discounts, and use of gift wrapping room with refreshments. ■

By Lora J. Finnegan

It's time for a change to the wines of Ernest & Julio Gallo

This holiday, savor the crisp taste of our California Chardonnay elegantly served in Marquis by Waterford® Crysta

For holiday entertaining ideas from Waterford Crystal and Ernest and Julio Gallo, look for our displays in participating U.S. stores.
Pattern Shown: Claria. ©E & J Gallo Winery, Modesto, CA

RICHARD GROSS

STAIRSTEPPED ILLUMINATION *traces downtown Jacksonville's 19th-century skyline.*

The spirit of Christmas past lives on

You'll find it in southern Oregon's Jacksonville

THE BEARD'S REAL, *and so is the holly adorning this Father Christmas.*

IT'S BILLED AS A Victorian Christmas in Jacksonville, and Victoriana indeed abounds, from green boughs festooning storefronts to the musky aroma of roasting chestnuts wafting down California Street. The theme is a fitting one: architecturally, Jacksonville seems frozen in about 1884, the year the gold mining boomtown in southern Oregon was bypassed by the railroad.

But the real charm of a visit to this well-preserved burg lies in the small-town friendliness, earnest attention to history, and simple, down-to-earth elegance that define much of what you'll encounter in a day's browse through town. Though it's fun to spend a weekend in Jacksonville anytime, special December events for adults and children make a visit this time of year even more appealing.

Only 5 miles west of Medford, Jacksonville is easily accessible from Interstate 5.

PIPED MUSIC AND SIDEWALK CAROLS

Scottish bagpipes herald Santa's arrival by horse-drawn sleigh and the official beginning of the Christmas season at a community tree-lighting ceremony on the evening of December 4. Thereafter, through December 23, browsers may encounter an a cappella chorus singing carols on the sidewalk, a top-hatted town crier proclaiming news and views, or a mule-drawn wagon offering free tours of the town. The 1870s-vintage Beekman House, just east of the town's center, is inhabited by history buffs in period dress who are happy to give visitors a taste of a turn-of-the-century Christmas. Most events are free and take place from about 11 to 4 Saturdays and Sundays.

Part of what sets Jacksonville's holiday festival apart is its attention to children. Santa—memorable, approachable, with a real beard and a kindly manner—is on hand weekends. Little revelers enjoy the wagon ride around town. And there's an ongoing ornament-making workshop for kids at the Children's Museum, 205 N. Fifth Street, from 10 to 4 Tuesdays through Sundays. For information on other museum-sponsored events for children, call (503) 773-6536.

Families might want to be in town on December 19, when national touring artist John Doan gives two or three performances of a Victorian Christmas concert using 15 period instruments. For details, call the chamber of commerce (number below).

CUCKOO CLOCKS AND WEARABLE ART

Shops along California Street offer a tempting variety of wares to gift-seekers. Look & Listen, specializing in music boxes, cuckoo clocks, and unusual knickknacks, has a back room stuffed with 20,000 ornaments and other Christmas decor. The selection at Scheffel's Toys includes imported wooden playthings and model trains.

Among galleries, Dodero Design offers wearable art; Village Art and Wine Gallery represents local artists, many inspired by Native American traditions; Ge B'zz has an eclectic selection of playful finds from around the country; and Exclusive Accents sells fine contemporary crafts.

DINING AND LODGING

For dining, locally popular Jacksonville Inn takes a traditional approach to meals. The fare at McCully House Inn is more original and refined. Bella Union, with its pizza and nachos and an informal atmosphere, is a good choice for families.

Guests will find a Christmas tree in every room at Old Stage Inn, the most luxurious of the town's several B & Bs. Families will probably prefer The Stage Lodge, a tasteful motel ½ mile from the center of town.

Call the chamber of commerce at 899-8118 for more information on lodging and on other holiday events, such as a chocolate fair December 5 and 6 and the Winter Art and Wine Festival on December 12 and 13. ■

By Bonnie Henderson

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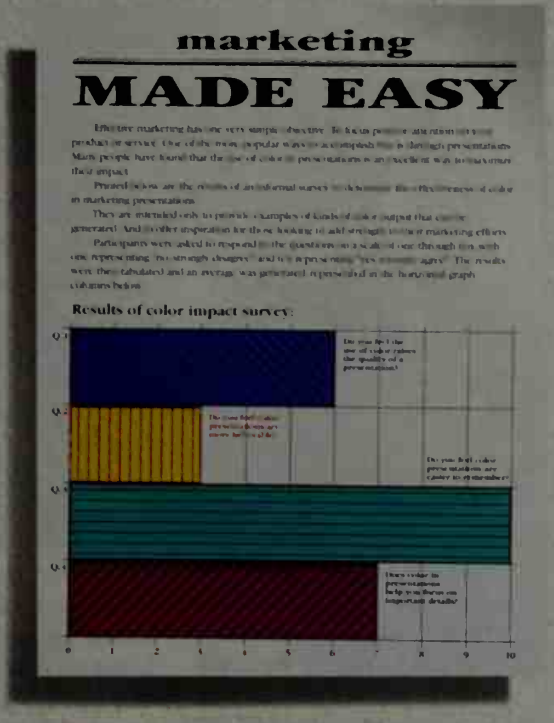

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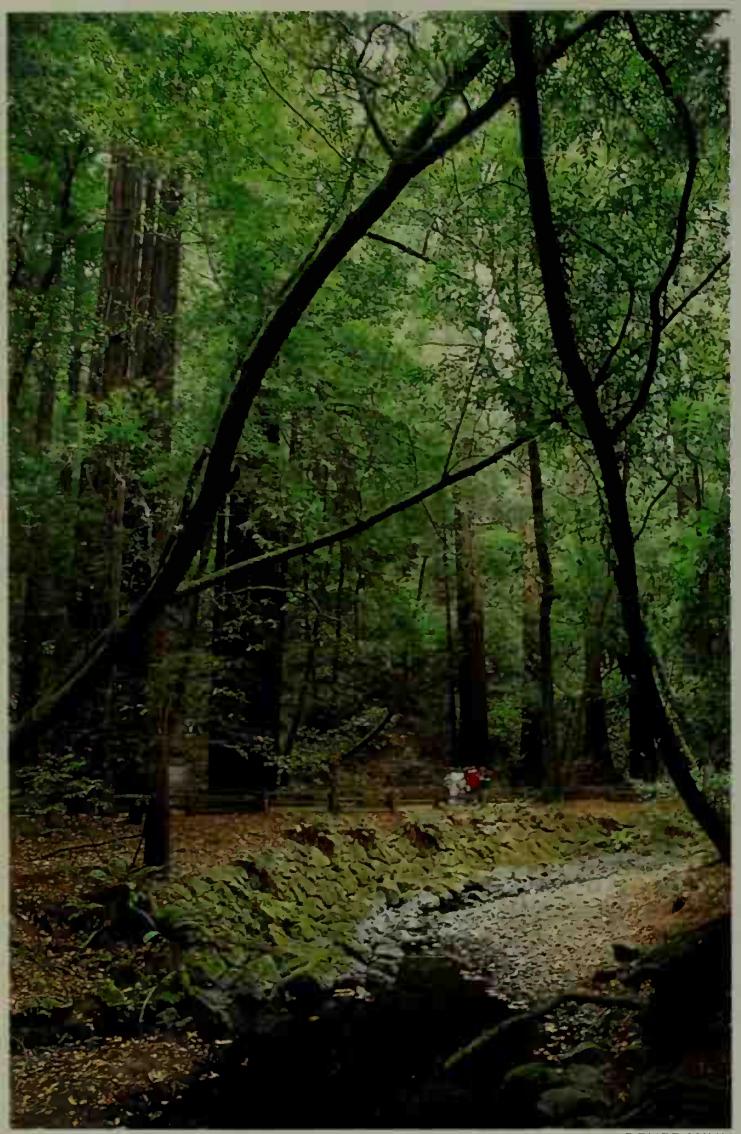


RENEE LYNN

ROCK-BOTTOMED REDWOOD CREEK, *in the heart of Muir Woods, attracts spawning salmon and steelhead.*

Muir Woods as Muir knew it

The forest has been protected and restored. And it's easier to get there

WHEN JOHN MUIR learned in 1908 that his name would grace a new redwood preserve in Marin County, he wrote, "This is the best tree-lover's monument that could possibly be found in all the forests of the world."

Thanks to changes in management practices, Muir Woods National Monument, 12 miles north of San Francisco, now resembles the ancient forest of Muir's era more closely than it did just over a decade ago. Getting to the woods, however, is much easier than in Muir's time, particularly on a new boat and van tour.

Absent the crush of tourists that descends on the woods in summer, winter is arguably the best time to walk among these massive coast redwoods.

GOOD OLD DAYS ARE BACK IN ANCIENT FOREST

Not all that long ago, picnic tables dotted the groves and visitors wandered freely among the big trees, endangering them by compacting the soil. To protect the redwoods, forest managers narrowed the main trail, removed the tables, and fenced off the trees. They also stopped removing deadwood and duff, allowing insects and forest floor creatures to multiply and plants such as yerba buena and wild ginger to return. In time, predators like the spotted owl moved back in. (The owls are tough to find during the day, though. You're more likely to spot ravens, wrens, and jays.)

Redwood Creek, which flows through the monument, has seen ongoing habitat restoration, too. Once again you can see salmon (November through January) and steelhead trout (January through March) fighting their way upstream to spawn after heavy rains raise the creek's level. The fish are most visible a couple of days after a storm, when the stream has been cleared of silt.

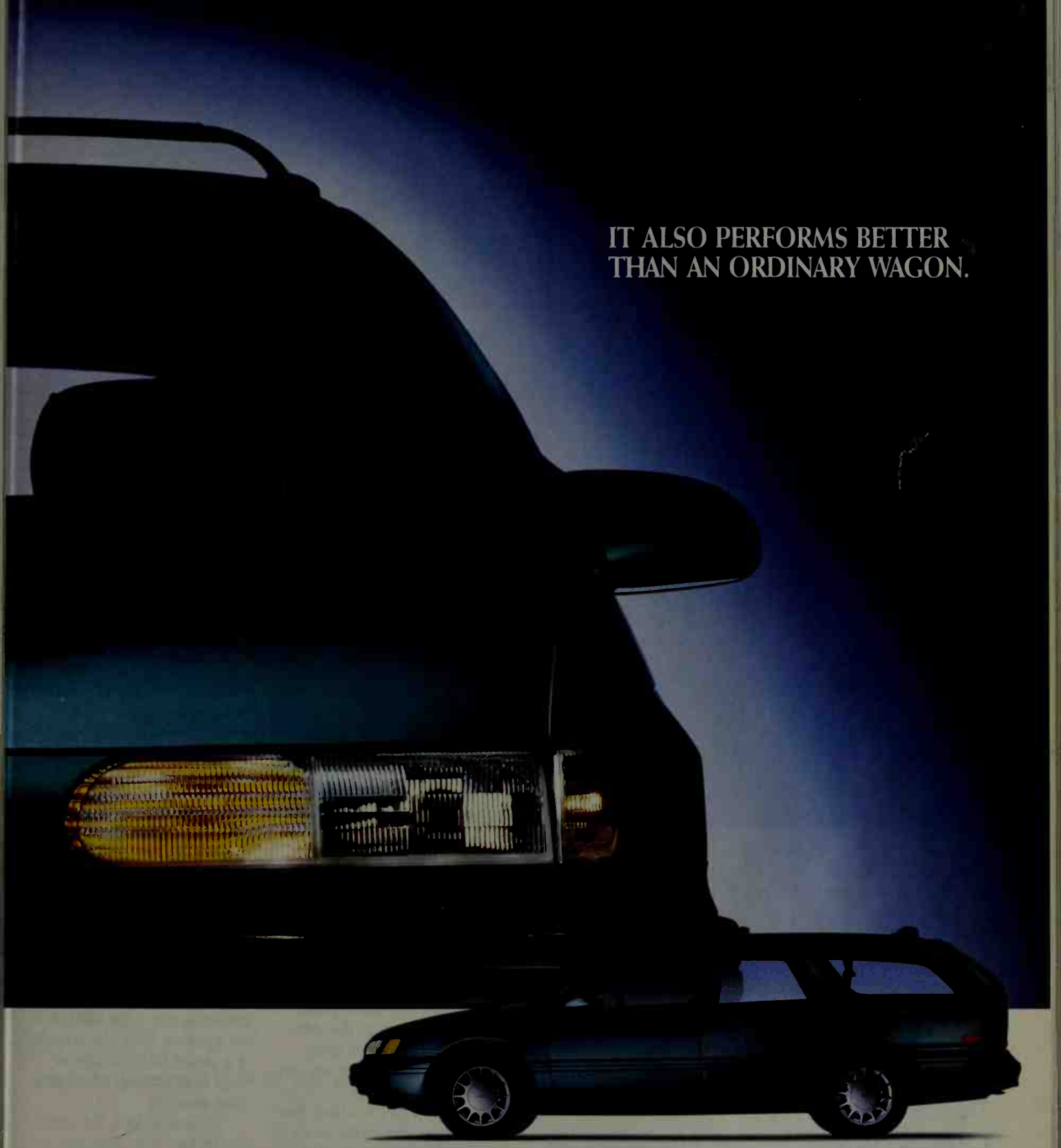
Two new guides may enhance your visit. Both are published by the nonprofit Golden Gate National Park Association and are available at the visitor center in Muir Woods. An attractive foldout map called *Muir Woods: Guide to the Park's Trails* ($1) covers hikes ranging from a ½-mile nature trail to a 6-mile trek up Mount Tamalpais. Also look for *Muir Woods: Redwood Refuge,* by John Hart ($7.95); with the help of more than 50 photographs and illustrations, the 48-page book details the varieties of redwoods (coast redwood, giant sequoia, dawn redwood), explains the ecology of fire in the redwood forest, and recounts the history of the park since it was saved from logging in 1905 by William Kent.

OVER THE WATER AND TO THE WOODS

To avoid the twisty drive from San Francisco to the woods (via State Highway 1, Panoramic Highway, and Muir Woods Road), take advantage of Red & White Fleet's Muir Woods and Tiburon tour, which combines a ferry ride to Tiburon and a van trip to the woods. The trip, which takes about 5 hours, gives you about 2 hours to roam the redwoods and another hour or so in Tiburon. Through February, the ferry departs San Francisco's Pier 43½ at 11 weekdays, 10:40 and 12:25 weekends. Tickets cost $24 ($12 ages 5 through 11); to reserve, call (415) 546-2700. ■

By Lora J. Finnegan

RED & WHITE TOUR *takes you to Tiburon on Bay Flyer, then on to Muir Woods by van.*



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Ford

BILL ROSS

RAINDROPS DON'T DAUNT THEM: *His $350 outfit includes a jacket and rain pants made from Elements ($226) and Gore-Tex-lined boots ($116); they're all waterproof, breathable. Her $50 outfit consists of a waterproof, urethane-coated poncho and a rain hat.*

Cover-ups for wet-weather hikers and walkers

Here are low- and high-tech alternatives

IF RAIN SOMETIMES catches you when you're out hiking or biking, you understand the problem: rain soaks you if your clothes aren't waterproof, while sweat soaks you if they are.

Textiles that are waterproof and breathable, along with new clothing designs, have gone a long way to deal with this problem during the past two decades. But are they the best choice for wet-weather exercise? The answer is maybe.

LOW-TECH PROTECTION

For about $30, you can buy a good urethane-coated nylon poncho. Add a $20 rain hat and you have pretty good protection at a great price. Loose and open at the sides, the poncho provides great ventilation and keeps you dry from upper legs up.

In really bad weather, you can add coated-nylon pants to your rain uniform for $30.

On your feet, wear athletic shoes with removable insoles and count on them getting wet. When you get home, remove the insoles, stuff the shoes with newspaper, and let everything dry in a warm place like a water-heater closet. (Don't throw the shoes into a clothes dryer; heat softens glue, and the shoes can come apart.)

HIGH-TECH RAINWEAR

The new waterproof, breathable fabrics (there are many) really do keep water out as they let moisture-laden body heat escape. But these fabrics are still limited by the rate at which they can dissipate heat.

Consider this: As you walk a 20-minute mile, your body burns about 70 calories (a measure of heat). Walk a 12-minute mile and you burn up to 120 calories. While waterproof, breathable fabrics may be able to keep you comfortable at the slower speed, they have serious trouble keeping ahead of your heat-sweat production at the higher speed.

That's where clothing design comes in: to handle vigorous exercise, your clothing must be extremely well vented, regardless of the fabric from which it's made. "If you don't put a priority on good venting," says one clothing designer, "you'll find yourself sweating to death in $300 worth of waterproof, breathable clothes."

Peter Langmaid, product development manager for REI in Seattle, gave us his advice on good clothing design for wet-weather exercise:

"Buy a waterproof jacket with mesh pocket bags in *all* pockets, zippered underarm vents, a front zipper that opens from both bottom and top, and cuffs with adjustable openings, not elasticized. Every opening, even the pockets, in a jacket like this moves body heat out and keeps you from sweating.

"For pants, look for simplicity. Get ones with an elastic waistband, but non-elastic cuffs."

A BRIEF GUIDE TO FABRICS

Nonbreathable, urethane-coated nylon is inexpensive and useful, but because it's water- and vaporproof, adequate ventilation is crucial.

More advanced materials consist of a fabric (such as nylon) coated or laminated on

AS YOU COME ACROSS GLACIERS OF UNTOLD AGE, FJORDS BATHED IN MIST,
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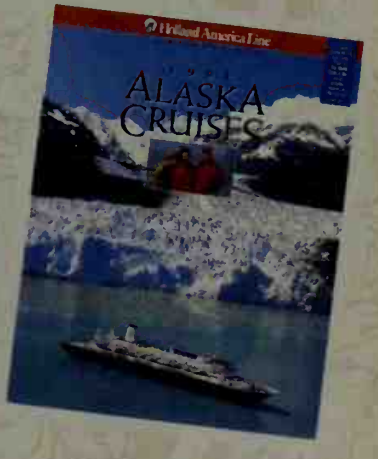

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the inside with a waterproof, breathable synthetic. Rainwater can saturate the outer fabric, but the synthetic barrier keeps water from reaching you. The result: you stay dry, though your jacket may be wet.

Laminates. Gore-Tex is the premier laminate on the market. First-generation (1970s-era) Gore-Tex fabrics were made with textiles that sometimes delaminated, discolored, leaked at the seams, and lost their waterproofness when contaminated by sweat. These problems have been solved, according to the sports clothing designers and textile buyers we interviewed.

The current generation of Gore-Tex is effective and pricey: at $150 to $400, a Gore-Tex jacket costs about 50 percent more than one made of a competing synthetic, but the material appears to have a clear edge in durability. And Gore-Tex is the primary waterproof, breathable fabric used in shoes.

Coated fabrics. Several fabrics that are coated on the inside with breathable, waterproof urethane have come to market during the past few years. The coatings come in two types.

Continuous-film coatings, such as that used on REI's Elements fabric, act like a molecular bucket brigade, moving moisture-laden air from the inside to the outside of the garment.

Microporous coatings, including Burlington's Ultrex, Helly-Hansen's Helly-Tech, and Toray's Entrant, are films whose microscopic pores let vapor escape and keep water out. Fabrics with these coatings don't soak easily, they dry quickly, and they generally range in cost between urethane-coated nylon and Gore-Tex.

You will also find that some of these fabrics, especially Ultrex-coated Supplex Nylon, feel remarkably soft and pliable for waterproof textiles. ■

By Jim McCausland

You'll be THOROUGHLY perplexed with the snow here.

(It's not at all like the wonderful manmade stuff you're used to.)

(Mother Nature just can't seem to make any two alike.)

Let's face it. Skiing on artificial snow is an acquired taste. Kind of like drinking instant coffee with non-dairy creamer. But since you've got the hang of it, why on earth would you spend your ski vacation at Mt. Bachelor? Mother Nature typically dumps about 200 inches of the real thing on our 8,000 acres of slopes. And unless you're in training for the U.S. Ski Team or something, you couldn't possibly need that much powder. However, since you haven't already turned the page to search for a mountain with more familiar ingredients, you must be one of those rare individuals who'll call for our free brochure and come no matter what we say.

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Caribbean Cruise

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The four-masted bark *Sea Cloud* departs Antigua March 9 for 10 days. On St. Lucia, snorkel or visit botanical gardens. Enjoy fine beaches on Bequia and Carriacou. In bird sanctuaries on Dominica, see rare parrots. Tour St. Kitts; swim and snorkel on Anguilla. Sailing cost is from $4,950. World Wildlife Fund, 1250 24th St. N.W., Washington, D.C. 20037; (202) 778-9683.

Melanesia and Polynesia

CULTURAL TRADITIONS

With an expert lecturer, depart Los Angeles on March 26 for a 16-day adventure. Fly to Vanuatu; visit Port-Vila, Tanna Island (home of cargo cults), and Pentecost Island to see the annual jump from 90-foot platforms. On Fiji, attend kava ceremonies. Tour Tonga. Cost is $6,290. American Museum of Natural History, Discovery Tours, Central Park W. at 79th St., New York 10024; (800) 462-8687.

Southeast Georgia

CANOE IN OKEFENOKEE

Peat prairies, cypress-domed hummocks, and sandy islands are home to otters, alligators, frogs, and bird life. In February and April, join a naturalist-guide on five-day explorations of Okefenokee National Wildlife Refuge. View the swamp from the boardwalk, and canoe 5 to 12 miles a day, camp, and share meals. Cost is $410 from Savannah. Wilderness Southeast, 711 Sandtown Rd., Savannah, Ga. 31410; (912) 897-5108.

Belize

RAIN FOREST AND REEF

Mayan ruins and coral reefs highlight an eight-day stay in Belize. Cycle to El Castillo for panoramic views, raft the Mopán River, visit the temple city of Tikal (in Guatemala) or Caracol. The last three days are on Ambergris Cay, for diving, snorkeling. Monthly departures cost $1,475 from Belize City. Paradise Tours, Inc., Box 1726, Evergreen, Colo. 80439; (800) 626-8271, (303) 670-1842. ■

By Lorraine Reno

What a travel agent can do for you: *provide information on destinations and tours; help you plan a trip; reserve space on air, rail, and cruise lines; make hotel and resort reservations. Travel agents usually do all this without charge, but they do charge for "custom" tour service.*

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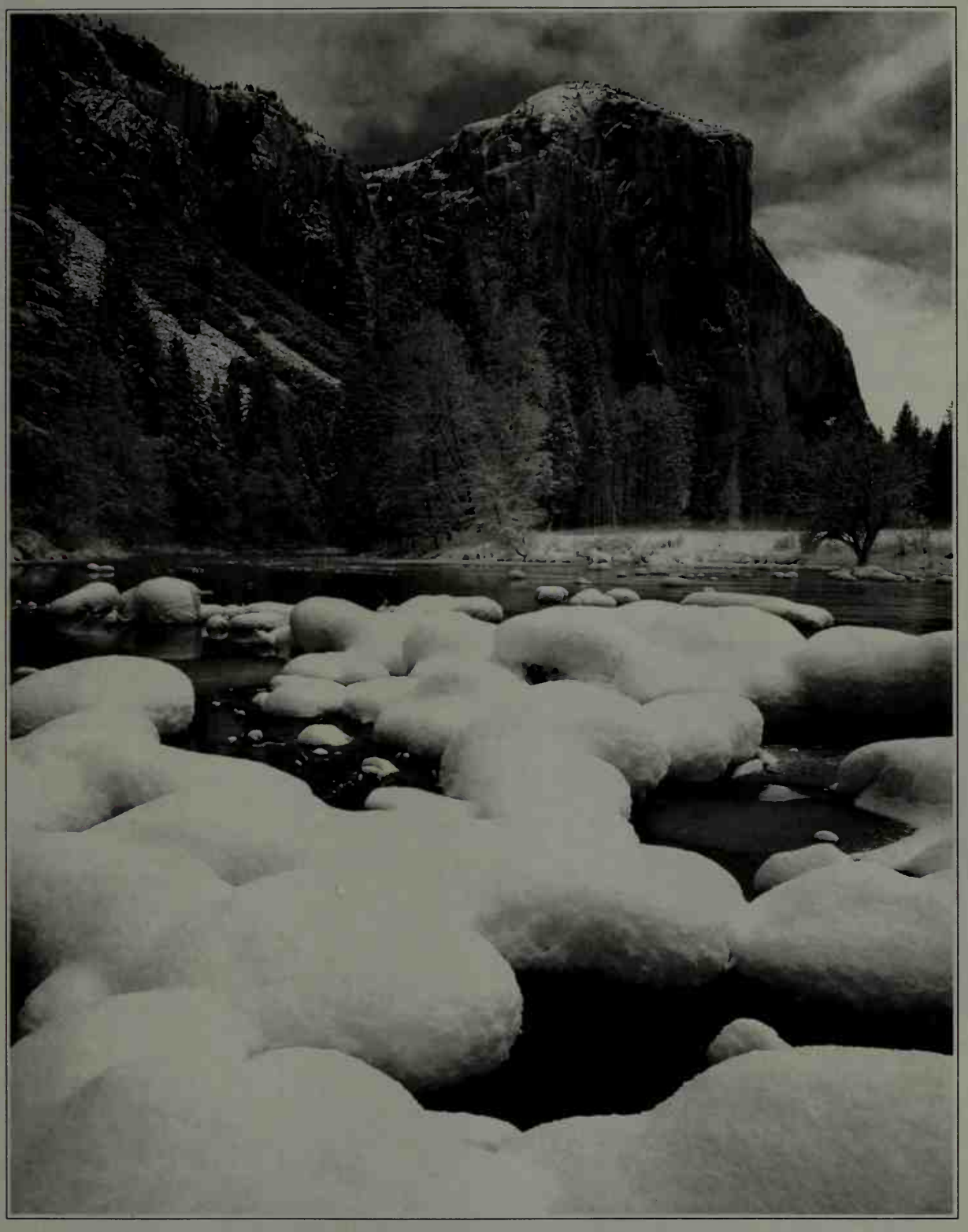

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OPEN ALL YEAR

Stargazing atop mighty Mauna Kea

On Hawaii, clear air and a new telescope offer unparalleled views of the heavens. Or see the stars from Maui or Oahu

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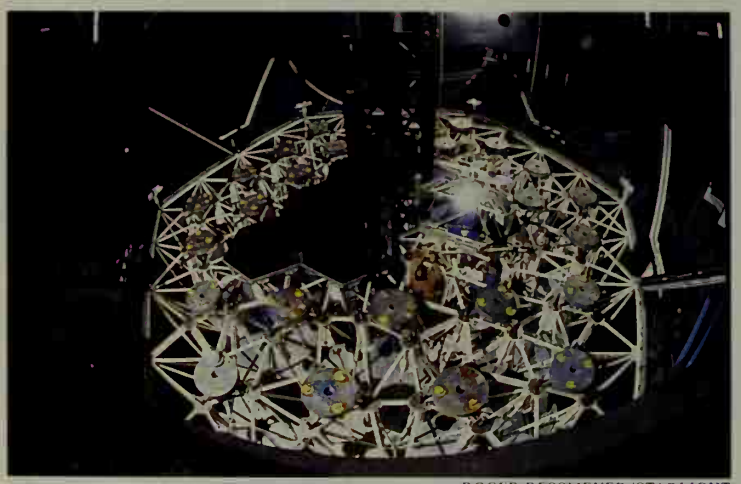

ROGER RESSMEYER/STARLIGHT

MAUNA KEA *(above) rises high enough above the Pacific to cast a shadow on the atmosphere at dawn and dusk. Most powerful eye in the world, the new W. M. Keck Telescope will scan the skies with the aid of 36 hexagonal mirrors (left).*

SOMETIME NEXT year, we will see more deeply into the universe than we have ever seen before. This feat will occur 13,796 feet above sea level, on the summit of Mauna Kea volcano on the Big Island of Hawaii.

Mauna Kea, white mountain, home to the Hawaiian goddess of ice, Poliahu, has become the most important astronomical site in the world. The stellar title will be clinched when the new 10-meter (394-inch) W. M. Keck Telescope—recently completed and soon to undergo optical testing—trains its gaze toward those distant regions where the universe was born.

A visit to Mauna Kea's cinder-covered summit is not for everyone. But if you're interested in the heavens—and in a heavenly view of earth—it can be a star trek you'll long remember. If you can't make it up the mountain, you can explore Hawaiian skies from lower elevations on Oahu and Maui.

A MANY-MIRRORED TELESCOPE

World-class stargazing got its start in Hawaii in the 1960s, when astronomers began surveying high-altitude sites for a proposed NASA telescope. It's said that one scientist was standing atop Maui's Haleakala volcano when fog closed in. Looking south toward the Big Island, he noted a taller peak rising clear above the clouds: Mauna Kea.

A star was born, or rather, a great place to view the stars was born. Mauna Kea's first big telescope—the University of Hawaii's 88-inch—became operational in 1970. Today a total of nine observatories have sprouted on the austere summit of the inactive (though not extinct) volcano.

They're operated by the United States, the United Kingdom, France, Canada, and the Netherlands, and are used by astronomers from around the world who each year vie for several nights of invaluable time at the telescopes.

Lofty Mauna Kea curses those astronomers with quite literal headaches—along with nausea and light-headedness that can make adding 2 and 2 problematic. In return the mountain blesses them with the best viewing conditions in the world—above 40 percent of Earth's atmosphere and 90 percent of its water vapor.

At such an altitude, the air is extraordinarily clear, dry, and stable. Far from the lights of any major city, the night sky is inky dark; in addition, the mountain's position 20° above the equator

"Jump Up And Kiss Me," I Said.

Of course, I was simply saying the name of my favorite rum drink.

◆

Ton Ton the bartender made it with Myers's Original Dark Rum. It makes a Jump Up and Kiss Me twice as dark and alluring.

◆

"Why the monkey?" I asked.

◆

"He peels the bananas for my daiquiris," said Ton Ton. "I pay him peanuts."

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How to Jump Up and Kiss Someone: 1¼ oz. Myers's Original Dark Rum, 4 oz. pineapple juice, ½ oz. lime juice, dash of bitters.

ROGER RESSMEYER/STARLIGHT

UNEQUALLED *viewing conditions make Mauna Kea a perfect site for the Keck telescope.*

permits a view of 100 percent of the Northern Hemisphere's stars and 80 percent of the Southern Hemisphere's—including a straight shot into the heart of the Milky Way.

Newest and most powerful of the instruments to scan the skies from this perch is the W. M. Keck Telescope, the largest telescope in the world, built for $94 million by the California Institute of Technology and the University of California.

The Keck has four times the surface area of the telescope at California's Mount Palomar and uses never-before-tried technology: instead of one giant mirror, the Keck employs 36 smaller, hexagonal mirrors fitted into a mosaic capable of adjusting itself a hundred times a second. Test runs indicate success—to such a degree that plans have already been approved for Keck II, to rise less than 50 yards away.

SCANNING THE SKIES ON THE BIG ISLAND . . .

The trip up Mauna Kea should be made with a few precautions in mind. Mauna Kea Observatory Support Services (MKSS), which manages the mountain, advises that the summit *not* be visited by children under 16, pregnant women, people with heart or respiratory conditions, or anyone who has gone scuba diving within the previous 24 hours.

Bring lots of warm clothing, sandwiches sufficient to fend off hunger, and liquids (no liquor) sufficient to help fend off altitude sickness—there's no food service anywhere on the mountain.

The summit road is well maintained but does contain a brief gravel stretch, and it is steep. As a result, MKSS requires visitors to drive four-wheel-drive vehicles.

The Keck uses never-before-tried technology—not one giant mirror, but 36 smaller ones

This poses a problem. Few Big Island car rental agencies handle four-wheel-drive vehicles, and most of those won't let you drive to the top of Mauna Kea. Harper Car & Truck Rentals (1690 Kamehameha Avenue, Hilo; 808/969-1478) is the only agency we've found that permits the trip. Some tours provide transportation from Big Island hotel areas; see the listings at right.

MKSS offers Saturday and Sunday afternoon summit tours. Participants meet at 1 at the Onizuka Center for International Astronomy, at the 9,200-foot level, then drive their own vehicles to the summit to converge for the actual tour, which includes a look at, though not through, one of the summit telescopes.

Tours are free. Call 961-2180 before you head out to make sure the tour is running the day you want to visit.

Before or after the tour, take time to look at the astronomy, geology, and historical exhibits at the Onizuka Center, which was named for the *Challenger* astronaut Ellison Onizuka, who grew up on the Big Island.

The center is open Fridays through Mondays (call for exact hours, which vary by season). On Friday and Saturday nights, you can peer through the 11-inch telescope the center sets up for visitors. The Keck it isn't, but the telescope will allow you to see such celestial wonders as Jupiter's atmospheric bands and the Orion nebula.

Directions to Mauna Kea. The Onizuka Center lies off Saddle Road (State Highway 200) an hour northwest of Hilo and 1½ hours northeast of Kailua-Kona. The turnoff from Saddle Road is not well signed; look for mile marker 28 (across from the hunter check-in station), then turn north and drive 6½ miles to the visitor center. From the center, it's a 10-mile drive to the top.

Tours with transportation provided. Two private companies lead summit tours.

Paradise Safaris (Box A-D, Kailua-Kona 96745; 322-2366) is the more astronomy-oriented of the two; its 7-hour Sunset Stargazing Adventure includes a summit tour, a pause to admire the mountain's spectacular sunset, and then a chance to stargaze through a portable 8-inch reflector. Cost ($95) includes hot drinks and transport from Kailua-Kona.

Waipio Valley Shuttle (Box 5128, Kukuihaele, 96727; 775-7121) runs 6-hour daytime tours that include a look at one of the big telescopes. Cost ($75) includes lunch and transport from Hilo.

. . . AND ON MAUI AND OAHU

If you can't make it to the Big Island, you can still sample astronomy, Hawaiian-style, and see a few sights you can't see at home—like Alpha Centauri, our nearest stellar neighbor.

On Maui, the Hyatt Regency Maui holds evening programs that let visitors peer through a 16-inch computer-operated telescope on the hotel's roof. Programs begin at 8 nightly except Wednesdays and Saturdays; cost is $10 for adults, $5 for ages 12 and under. Reservations are required; call 661-1234.

On Oahu, the popular planetarium at Honolulu's Bishop Museum is showing *Monuments to the Stars,* which focuses on Polynesian and Hawaiian astronomy. Shows run at 11 and 2 daily, with an added show at 7 on Fridays and Saturdays. Admission to the planetarium programs only is $2.50, free for ages under 6. On the first Monday of every month, the museum runs *The Sky Tonight,* which focuses on the Hawaiian night sky—first in the planetarium and then outdoors, where visitors can peer at it through the museum's 12½-inch telescope. The Hawaiian Astronomical Society also sponsors star parties here once a month. For information on all these programs, call 847-3511. ■

By Peter Fish

What If

My Car Won't Start?

What If I'm Late For My 10:00?

What If I'm Early?

What If I Spill My Coffee?

What If I Run Out Of Gas?

What If The Road's Slippery?

What If I Get Lost?

What If I Lose My Keys?

What If I Lose My Mind?

What If I...

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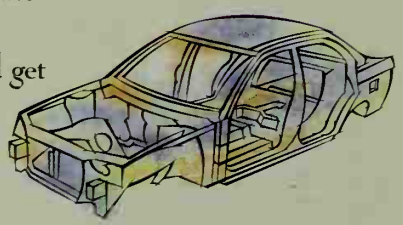
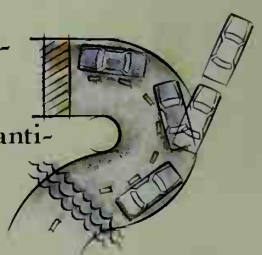


Consider: Prizm's got a rugged safety cage concealed beneath its aerodynamic new body; available anti-lock brakes (ABS) to help



you steer clear of accidents and the security of a standard driver's-side air bag.* For your peace of mind, Prizm comes with a 3-year/36,000-mile warranty that covers everything, bumper to bumper.† No kidding. And no deductible. And Prizm's 24-hour Roadside Assistance** means help is always a toll-free phone call away. Now turn the page and watch the beauty of Prizm unfold.

The 1993 Geo Priz

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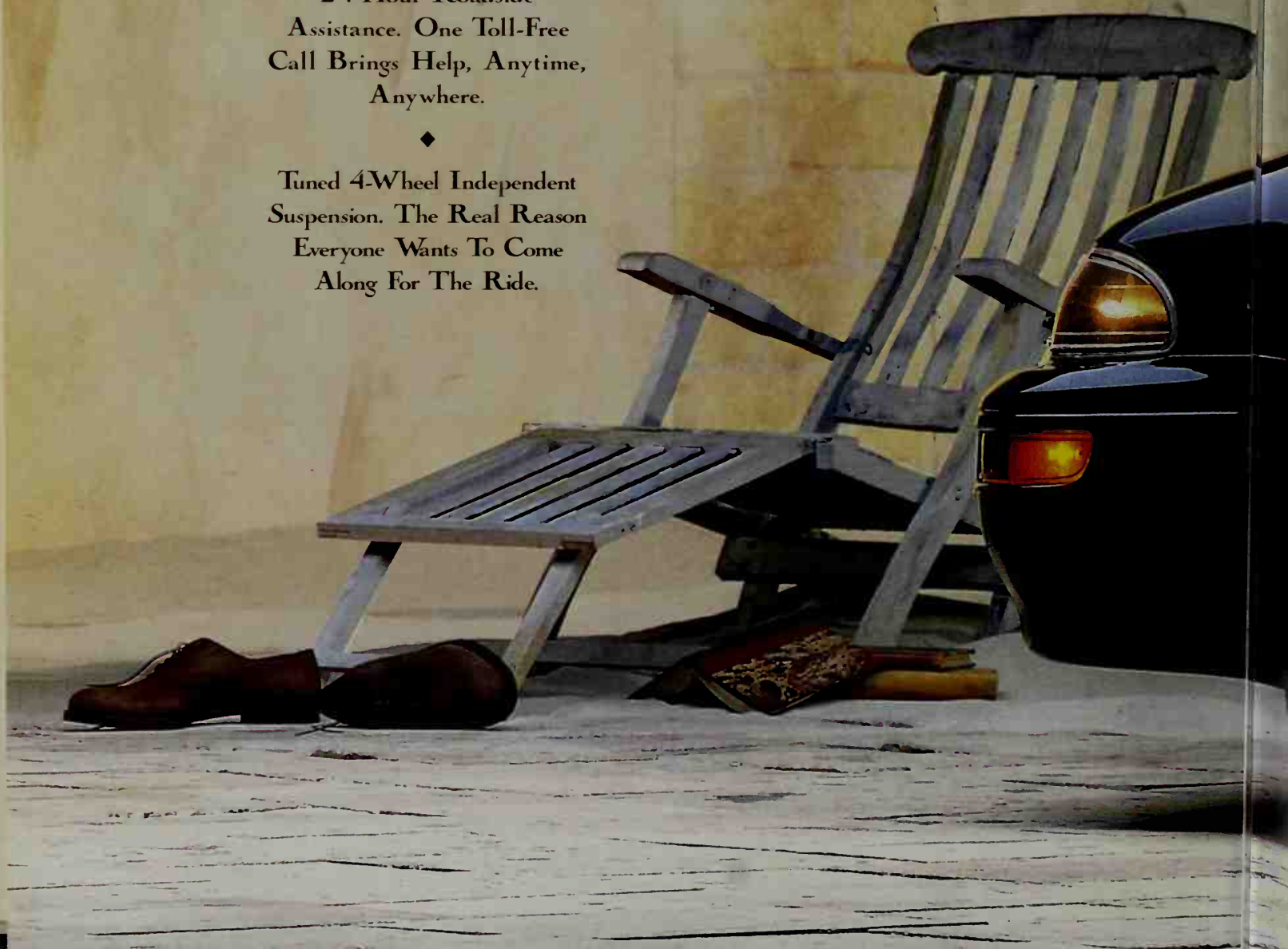
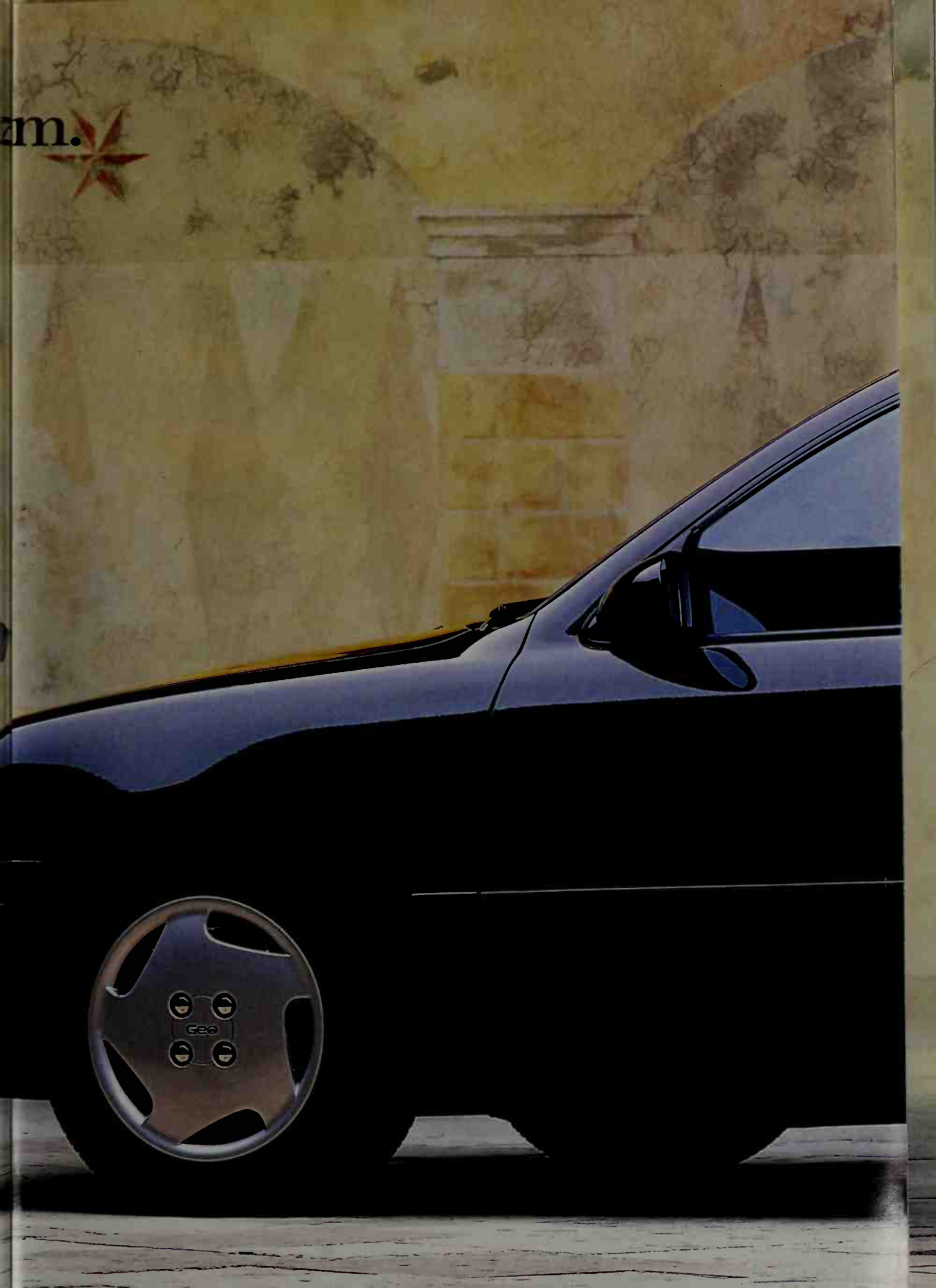
Tuned 4-Wheel Independent Suspension. The Real Reason Everyone Wants To Come Along For The Ride.



zm.



The inside story on Prizm LSi is very quiet. Very comforting. Very nice. Tune in to the optional CD player and tune out the world. Then sit back and relax as Prizm's 16-valve dual overhead cam engine and 4-wheel independent suspension team up to do what they do best: deliver a big car ride with sports car response. For those of you who can really pack it away, Prizm's trunk opens high and out of the way for easy loading. A split-folding rear seat with a trunk pass-through feature holds your skis, fishing rods and other tall orders. See, we *have* thought of everything. So relax. And get to know the newest Geo, Geo Prizm. It's right around the corner at your Chevrolet/Geo dealer's. More what ifs? CALL 1-800-947-9990 for a Geo Prizm brochure.

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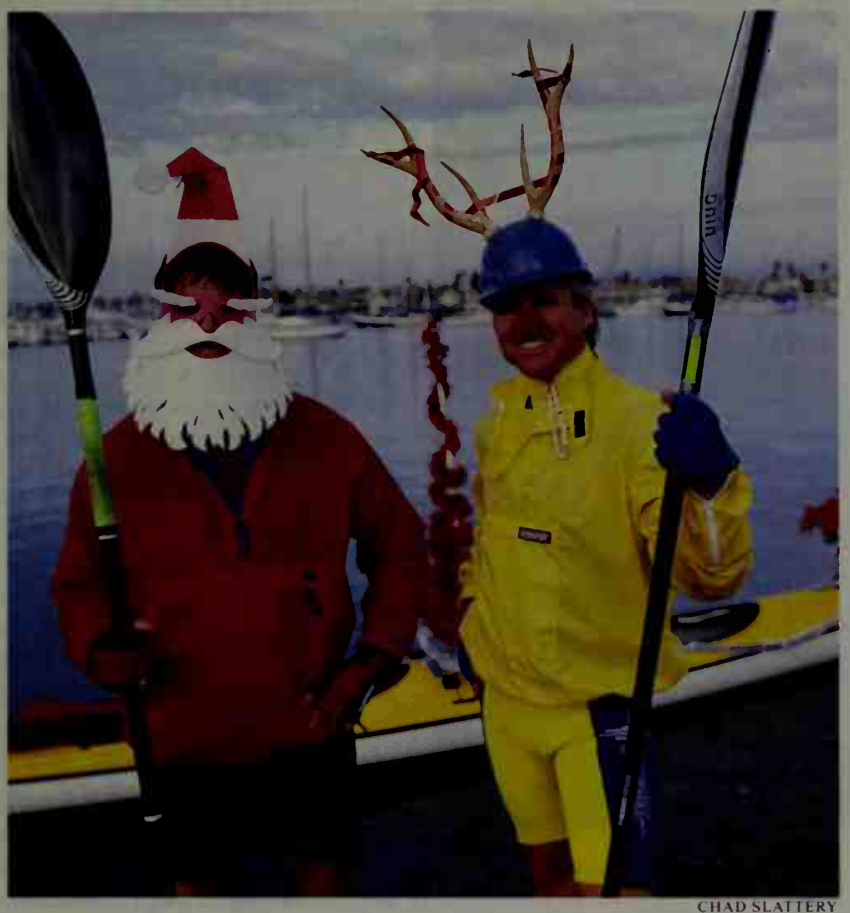
GM *Always wear safety belts, even with air bags. †Except the battery and normal maintenance; tires are covered by their manufacturer. See your Chevrolet/Geo dealer for terms of this limited warranty. **See your Chevrolet/Geo dealer for details. Geo, the Geo Emblem, Prizm and Chevrolet are registered trademarks of the GM Corp. ©1992 GM Corp. All Rights Reserved. Buckle Up, America!

What are you doing for the holidays?



CHAD SLATTERY

SPORTY SANTA *and antlered friend prepare to paddle their kayaks in Newport Beach harbor's colorful Christmas boat parade.*

WE WESTERNERS CELEBRATE Christmas in many different ways. Whether we live on a houseboat in Seattle, at the beach in Malibu, in an adobe in Santa Fe, or on a mountaintop near Denver, our traditions are rich and varied.

• In Newport Beach, California, Joanne Turner and Doug Schwartz host a holiday dinner party to celebrate their community's Christmas boat parade. Then their guests don Santa caps and life preservers and hop into whimsically decorated kayaks to paddle beside fantastically adorned yachts through the harbor.

• Carl Williams and his family gather over a circular saw in his workshop to cut star-shaped tree ornaments out of thin wood to send to friends as Christmas cards.

• Tad, Jean, and Gary Sanders prefer to get out of town for Christmas. So they check a small Christmas tree along with their Boogie boards and head for Maui.

• When Gary Reeder opens that special package from his wife, he never knows what to expect. Last year it contained reservations for a learn-to-drive-a-locomotive weekend.

These are just a few of the many innovative, surprising, or offbeat ways that Westerners celebrate the holidays. If you have your own special traditions, or know someone who does, we'd like to hear from you.

Please drop us a note by December 15 telling us about your holiday party, gift, getaway, or tradition, and what makes it special. Do you take off for a favorite national park? Spice your Christmas dinner menu with recipes that your grandmother brought from the Old Country, or integrate traditions from another homeland into your celebrations? Does your neighborhood stage a front-yard decorations contest, or a Santa look-alike beauty pageant?

Include snapshots, if possible, of last year's celebrations that you plan to repeat this year, and a daytime phone number. Send them to Christmas Around the West, *Sunset Magazine,* 80 Willow Rd., Menlo Park, Calif. 94025. We hope to gather photographs this season for next year. ■

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Strategy key to Seattle Art Museum

Our guide to the Northwest's preeminent art collections

NOW THAT A YEAR HAS PASSED since the opening of the Seattle Art Museum's new downtown home, visitors have discovered that it takes a bit of planning to "do SAM." With its headline-grabbing architecture and world-class collections, the $62-million limestone-clad museum has had no problem drawing crowds. To make your visit a satisfying one, you need a strategy: Go early in the week (but not on Tuesdays), avoid the elevators, and take advantage of the special programs and free docent-led tours.

GETTING IN

Thanks to Seattle's hilly topography, museumgoers can enter on two different levels. The lower one, on First Avenue, is more dramatic and is adjacent to the museum's acclaimed gift store.

While you are in the lobby, be sure to check out the information board that lists tour times and special events for children and adults alike.

The Second Avenue entrance is closer to the local Metro stop and the Museum Café, which is open during the museum's regular hours. At lunch, there's often a 15- to 20-minute wait, but the smoked salmon chowder is worth it. One solution is to eat early and tour the galleries during the lunch rush. Whichever way you enter, though, remember: The only public rest rooms are on the First and Second Avenue levels, so plan ahead.

START AT THE TOP

Savvy visitors avoid the elevators (and their waits) as much as possible. Your best bet is to ride to the fourth floor and work your way down through the galleries via the stairwell.

The fourth floor houses the museum's collection of Western and Near Eastern art, from the ancient Mediterranean to the contemporary Pacific Northwest. You'll see every-

ART ON FILE/CHARTIER

HAMMERING MAN, *by Jonathan Borofsky, has been installed after a failed attempt last spring.*

thing from free-blown Roman glass dating from the first century to the work of Andy Warhol. One gallery is devoted to Northwest artists, from the venerable (Mark Tobey) to the up-and-coming (Nancy Mee).

THE THREE-GALLERY LUNCH

If you are pressed for time, go to the third floor to see the Katherine White Collection of African Art. At some 2,500 pieces, this collection of textiles, jewelry, and ceremonial masks is one of the best in the world.

Also on the third floor is a large selection of the museum's more than 6,000 pieces of Asian art, as well as galleries featuring the art and culture of Northwest Native Americans.

SPECIAL EXHIBITIONS

Galleries on the second floor have been designed for special or traveling exhibitions. It was here, for example, that the museum mounted last summer's popular 800-piece show by local glass artist Dale Chihuly. The next blockbuster runs December 17 through February 7: the William S. Paley Collection of 19th- and 20th-century art from the Museum of Modern Art in New York.

Museum hours are 11 to 5 Tuesdays through Saturdays (until 9 on Thursdays), noon to 5 Sundays. During the run of the Paley exhibition, the museum will open at 10 Tuesdays through Saturdays.

Recommended admission is $5, $3 for seniors and students. Nonmembers enter free on the first Tuesday of each month. The Paley show has a $2 nonmember surcharge. For more information, call (206) 654-3100. ■

By Cynthia Hunter

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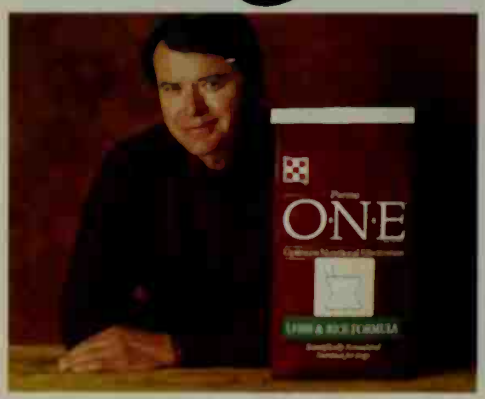
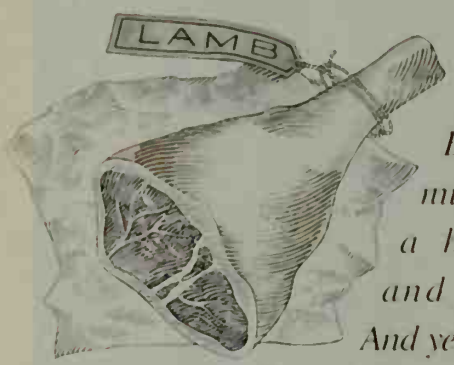
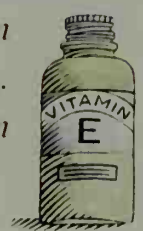
"It's Not Your Imagination. This Dog Food Could Actually Make A Dog More Handsome."



—Robert Urich



Purina O·N·E Lamb & Rice Formula helps promote a healthy skin and shiny coat. And yes, it could even make a dog look a little more handsome.



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PURINA O·N·E SECOND TO NONE

Bud drop on Christmas cactus

Garden events

A cure for dried-out potting soil

Winter berries for holiday bouquets

Sunset's GARDEN GUIDE

Plant tags that last

Sycamore trees and disease: what a new study shows

December checklist

CHAD SLATTERY

Deck the steps with poinsettias

HOLIDAY HUSTLE AND BUSTLE OFTEN LEAVE LITTLE TIME FOR WORKING in the garden. But nurseries are filled with items sure to please gardeners on your gift list, and with blooming plants for quick decorating. To spruce up an entry, look for seasonal plants like the deep red Lilo poinsettias shown above (if cold weather is predicted, move them to a protected spot). Or choose blooming winter annuals for baskets, pots, and arrangements. If rainfall is low, remember: the one chore you can't skip this month is watering.

SO WHY IS IT CALLED A VAN? It's a question a lot of people are asking about the Mazda MPV. After all, with a smooth-running V6* and rear anti-lock brakes, it drives more like a car. With effortless handling and a soothing hum at highway speeds, it feels more like a car. Even its side door works like a car door. ❖ But with room for the whole family, it's more than just a car. Because with its versatile seating, it also has ample room for cargo large and small. And with optional 4WD, you can take everything anywhere, anytime. In rain, sleet or snow. ❖ If all this isn't impressive enough, the MPV was twice named one of *Car and Driver's* "Ten Best Cars."** ❖ So why is it called a minivan? It's not, it's called an MPV.

THE MAZDA MPV

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*Optional V6. **Car and Driver 1990 and 1991 "Ten Best" [illegible] Motor of America, Inc.

mazda

IT JUST FEELS RIGHT.

Sunset's

GARDEN GUIDE

DARROW M. WATT

STRIKING WINTER ARRANGEMENT *contains arching branches of Cotoneaster lacteus, upright spikes of Iris foetidissima (top), and sprays of nandina berries.*

Why do Christmas cactus drop their buds?

There are a number of reasons, according to Jim Pence, owner of Epi World nursery in Cupertino, California. The major one is temperature change—moving the plant from cold outdoors to warm indoors or from warm (such as a warm greenhouse) to a cold room or patio.

Other causes of bud drop are ethylene gas, which is produced by ripening fruit; watering with cold water (allow water to warm to room temperature); and a cold draft (keep plants away from outside doors).

To help prevent bud drop, put plants next to a cool window that gets bright, indirect sun. Maintain temperature between 65° and 75°; keep plants away from furnace vents and fireplaces. If your plants have been outdoors, wait to bring them in until after buds have set (before the weather turns very cold).

Soap helps potting soil absorb water

If you've ever tried to moisten dry peat moss, you know how difficult it can be. Sterilized potting mix is tough to wet, too, because it contains large amounts of peat moss. When a potted plant has been allowed to dry out and you try to water it, the potting mix tends to repel water, which runs off the surface and down the insides of the pot.

To test if this is happening to your plant, dig down an inch or so in the potting mix right after watering. The surface may be wet, but the mix below it will be dry and lighter in color.

To moisten the mix effectively, add a few drops of mild liquid soap to a gallon of water. This will help break the tension between the peat moss and water. Repeat as needed.

Berries you can display indoors

One of the benefits of growing plants that produce a colorful show of winter berries (see page 50) is their attractiveness in arrangements. English holly has long been used as a holiday decoration. But other berried plants also are handsome in arrangements.

The dramatic arrangement shown at left, made by *Sunset* flower designer Kim Haworth, contains three different kinds of berries collected from plants growing at *Sunset*'s Menlo Park headquarters. Arching stems of orange-red *Cotoneaster lacteus,* upright spikes of *Iris foetidissima,* and nandina berries fan out against a background of philodendron leaves. Bony twigs of Hankow willow (*Salix matsudana* 'Tortuosa') add accents.

Most berries are long-lasting and will usually stay fresh-looking for 10 days or more (leaves may yellow and dry up). Some, like strawberry tree (*Arbutus unedo*), are fairly fragile and don't last well.

Attractive plant tags also are permanent

There's nothing more frustrating to an avid gardener than buying a new plant, setting it out in the garden, and then forgetting its name because the tag faded or self-destructed.

If you want to be sure this doesn't happen, label your plants with one of the permanent metal plant tags shown on page 48; you can also buy a batch to give as gifts.

The copper tag is great for identifying roses, woody perennials, and shrubs. As it ages, it weathers to a handsome patina. Use a ballpoint pen to etch the name in the soft copper, then wire the tag directly to the plant. Cost is about $8 for 50 tags.

The corrosion-resistant zinc and galvanized wire labels are easy to insert into the soil next to plants. Either display them in front of plants, so they can be easily read, or hide them behind foliage. The tags come with a fade-resistant black carbon pencil; the writing lasts for a year or more. Cost is $8 to $10 for

SUNSET'S GARDEN CALENDAR

NORTHERN CALIFORNIA

BELMONT
DECEMBER 28 THROUGH JANUARY 17, 1993
Christmas tree recycling. Place: Tyler's Carlmont Nursery, 2029 Ralston Ave. Call (415) 591-6845 for details.

PALO ALTO
Activities at Gamble Garden Center, 1431 Waverley St. *December 9:* Greens wreath-making class. *December 12:* Christmas greens sale. For details, call (415) 329-1356.

SAN FRANCISCO
DECEMBER 6
Annual mushroom show by Mycological Society of San Francisco. Place: County Fair Building, Golden Gate Park. Hours: 10 to 5. Fee: $3, $2 seniors and students; free ages 12 and under.

SANTA CRUZ
DECEMBER 5
Holiday succulent sale. Place: UC Santa Cruz Arboretum, High St. between East and West entrances to campus. Hours: 10 to 3. Free admission.
—Colleen Huston

Sunset's GARDEN GUIDE

IN HIGH ELEVATIONS and intermountain areas of California, and east of the Sierra, see items marked with an **H**.

IN LOW ELEVATIONS of Northern California, see items marked with an **L**.

December Checklist

HERE IS WHAT NEEDS DOING

☐ **APPLY DORMANT SPRAY. L:** To smother overwintering insects such as aphids, mites, and scale, apply horticultural oil to deciduous flowering and fruiting trees and roses after leaves have fallen. (Rake out and dispose of leaves.) To control peach leaf curl, use fixed copper in wettable powder form, or lime sulfur; repeat in January or early February. Follow label directions.

☐ **CHOOSE CAMELLIAS. L:** To be sure you get the flower colors you want, select sasanquas and early-flowering japonicas while they're blooming. Sasanquas are good choices for espaliers, ground covers, informal hedges, and containers. Some are upright; others are spreading or vinelike. Plants tolerate a fair amount of sun. Japonicas are handsome as freestanding plants and as espaliers.

☐ **CLEAN UP.** If you didn't get around to it earlier, remove dead foliage and stems from dormant perennials. Rake up fallen leaves. Use loppers or a shredder to chop garden refuse into small pieces for compost.

☐ **KEEP CHRISTMAS TREES FRESH. H, L:** The best way to prolong the freshness of a cut tree is to trim an inch or so off the bottom of the trunk, place the tree in a stand that holds water, and keep the reservoir full (check daily the first week). Also, keep the tree away from heaters and avoid hot-burning tree lights.

☐ **PLANT BULBS. L:** If your tulips are still chilling in the refrigerator, it's not too late to plant them. You may also still find spring-blooming bulbs such as daffodils, hyacinths, and tulips in nurseries. Choose only ones that are still firm. Chill tulips for six weeks (they'll still bloom, if planted in January); plant others now.

☐ **PRUNE FOR GREENS. H, L:** Long-lasting choices include juniper, evergreen magnolia, pine, and redwood. Deodar cedar, spruce, and Western hemlock drop needles sooner.

☐ **SHOP FOR BARE-ROOT PLANTS. L:** Later this month, nurseries begin selling bare-root cane berries, fruit trees, grapes, and roses. You'll also find perennial vegetables, such as asparagus, horseradish, and rhubarb. Plant as soon as possible after bringing them home. If soil is too wet to plant, temporarily cover roots with moistened mulch or plant in containers.

☐ **SHOP FOR FLOWERS. L:** For alternatives to poinsettias, most nurseries have a good supply of blooming plants in 4-inch pots you can cluster in large containers or in the ground. Choose azaleas, Christmas cactus, cyclamen, English primrose, kalanchoe, pansies, *Primula obconica*, and snapdragons.

☐ **TEND HOLIDAY PLANTS. H, L:** Place flowering gift plants such as Christmas cactus and poinsettias in a cool spot with bright, indirect light. Don't let them sit in water; remove any decorative foil from the pot, or perforate its bottom and set the pot in a saucer.

☐ **WATER. L:** If fall and early winter rains have been light, check soil moisture periodically and water when the soil is dry. Plants must be adequately watered to survive a freeze; drought-stressed plants are more susceptible to damage.

25 tags and pencil.

The names can be made permanent by using an electric engraving tool (available at hardware stores).

The copper and zinc tags are sold by Smith & Hawken, 25 Corte Madera, Mill Valley, Calif. 94941; (415) 383-2000. The zinc tags are also available from Gardeners Eden, Box 7307, San Francisco 94120; (800) 822-9600.

'Yarwood' sycamore resists disease

Anthracnose and powdery mildew are two major foliar diseases that affect sycamores in many parts of Northern California. Infected plants often lose their leaves completely.

But some varieties resist these diseases. Pavel Svihra of UC Cooperative Extension in Marin County and Arthur H. McCain of UC Berkeley Plant Pathology Department tested five sycamore varieties—'Bloodgood', 'Columbia', 'Liberty', Saratoga 86-336-C, and 'Yarwood'—and rated their disease resistance.

PETER CHRISTIANSEN

LONG-LASTING *copper and zinc plant tags ensure that plant names aren't forgotten.*

Anthracnose causes leaves to turn brown and drop off the tree. In their test, it affected 'Bloodgood' significantly less than the other varieties. 'Yarwood' also maintained a satisfactory appearance. And, since it leafs out later in spring than the other varieties, it may escape infection in years of light spring rainfall (heavy spring rains promote disease).

By the end of June, all trees in the test had leafed out and recovered from anthracnose; differences between varieties were no longer evident.

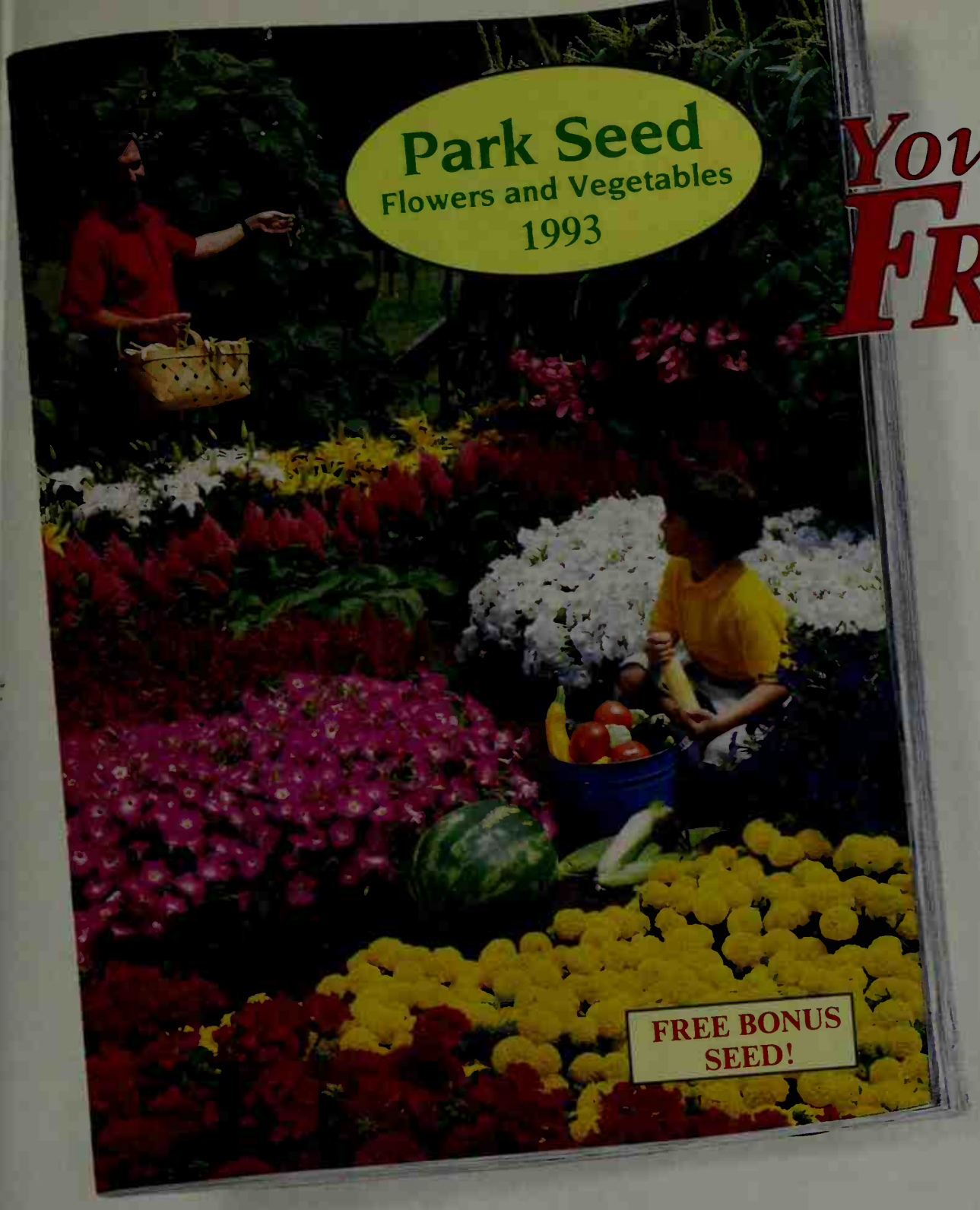
Powdery mildew attacks later in summer. When a tree is severely affected, the foliage becomes distorted and withers.

In tests, researchers found that 'Yarwood' resists mildew (although it's not immune), while the other varieties were susceptible.

Inland, where powdery mildew isn't as serious a threat as it is near the coast, try 'Bloodgood'.

Many horticulturists recommend 'Yarwood' as your best choice if you live in a coastal climate. ■

By Lauren Bonar Swezey



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Berries to brighten the season

13 COLORFUL BERRY PLANTS FOR YOUR WINTER GARDEN

As winter descends and summer's colorful flowering plants have long since faded, your garden needn't retreat into the winter doldrums. Strategically planted trees, shrubs, and ground covers produce a colorful show of bright yellow, orange, red, or violet berries to brighten the landscape even through winter's coldest, bleakest days.

Apart from their obvious aesthetic

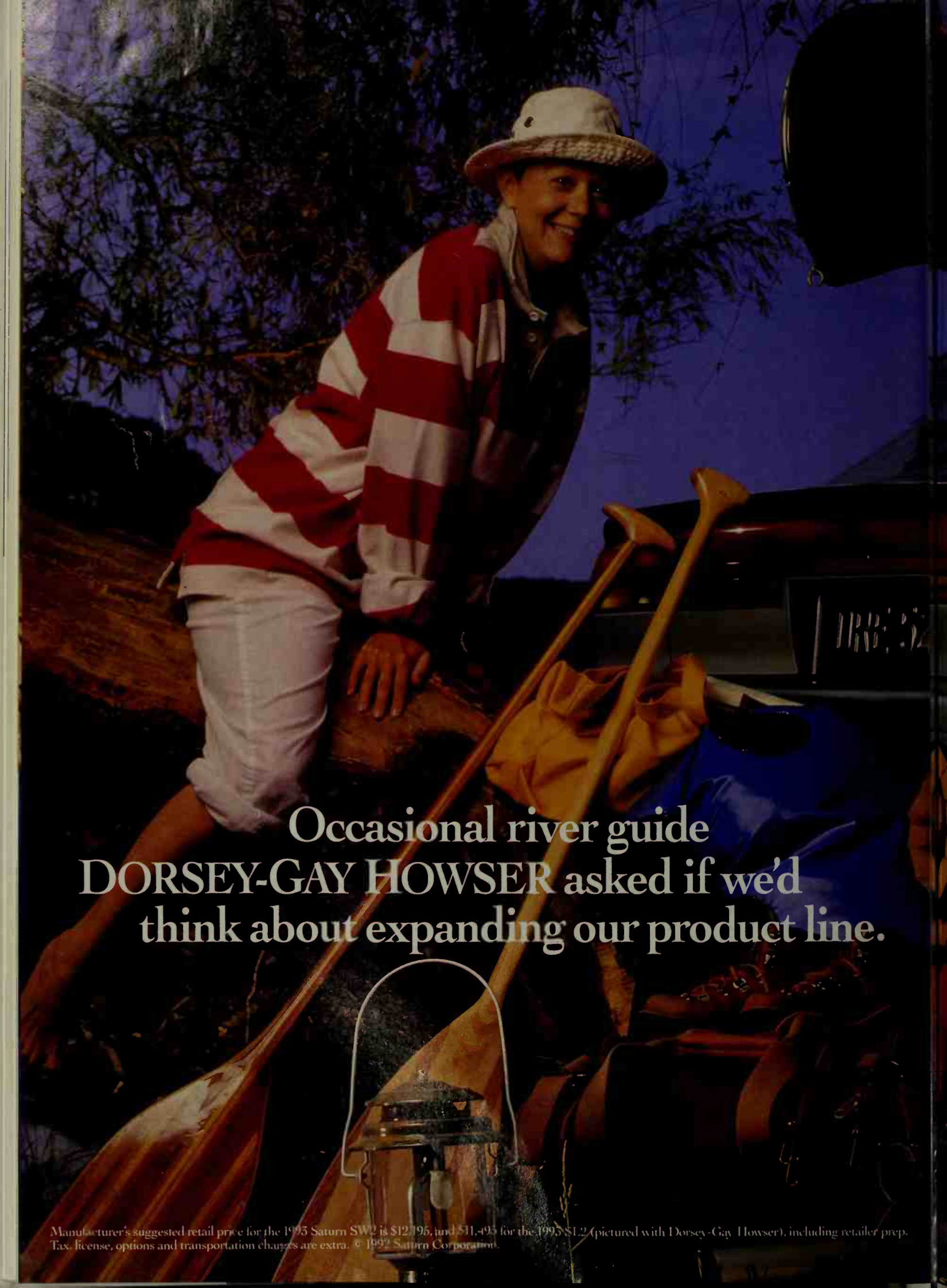
(Continued on page 54)

MICHAEL THOMPSON

BEJEWELED BRANCHES

Fascinated young onlookers inspect colorful beautyberry clusters.

At right, yellow and red berries dangle from strawberry tree.



Manufacturer's suggested retail price for the 1993 Saturn SW2 is $12,795, and $11,495 for the 1993 SL2 (pictured with Dorsey-Gay Howser), including retailer prep. Tax, license, options and transportation charges are extra. © 1992 Saturn Corporation.

We said okay.

Most of the time, Dorsey-Gay is a solo white-water canoeist. And her Saturn sedan is all the car she needs to get her canoe and her gear out to the river and back.

But every now and then, she allows herself to be talked into taking friends out onto gentler waters. Which means, of course, that she has to accommodate passengers and more gear.

Well, that's when she wishes she had a bigger car. And being the Saturn enthusiast that she is, what she really wants is a bigger Saturn.

The Saturn SW2

We like to think of our new wagon as a kind of Saturn sedan, but with a backpack. So, like the sedan, it should be fun to drive, stylish and easy to maintain. And of course, affordable. Have we managed to do all that? You, and people like Dorsey-Gay, get to judge.

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value, berries produced by plants like holly, pyracantha, and toyon perform as giant bird feeders, providing food for hungry creatures at a time of short supply.

And even when the last berry has been devoured, these plants don't stop giving. All the plants listed here are highly valued for their year-round good looks. Many produce attractive flowers; all have handsome foliage.

Depending on their size and form, these plants may be used as background shrubs, foundation plants, or focal points. The small trees make attractive accents near a patio. The ground covers and sprawling shrubs provide the greatest effect when massed together.

BERRIED PLANTS ADD AN EXTRA DIMENSION TO YOUR GARDEN

The 13 plants listed below are widely adapted to a variety of conditions. The climate zones in our list are taken from the *Sunset Western Garden Book*. Before choosing one of these plants, check the list to see if it's adapted to your area. Also, select varieties that will fit the given space in your garden.

To encourage the greatest berry production, allow plants to grow naturally. Don't shear them into hedges or mounds; prune only to shape. A few will produce fruit only if male plants are nearby to pollinate them. ■

By Lauren Bonar Swezey

13 WINTER BERRY PLANTS TO BRIGHTEN YOUR GARDEN

Strawberry tree (*Arbutus unedo*). Evergreen shrub 8 to 35 feet tall. Dwarf varieties stay smaller (about 5 feet). Urn-shaped flowers and strawberry-like fruit appear together. Full sun. Zones 4–24.

Beautyberry (*Callicarpa bodinieri* 'Profusion'). Deciduous shrub 6 to 10 feet tall. Small lilac flowers in 1-inch-wide clusters are followed by long-lasting violet berries. Full sun. Zones 1–9, 14–17.

Red cestrum (*C. elegans*). Evergreen, vinelike shrub with arching branches to 10 feet tall or more. Masses of purplish red, 1-inch-long flowers followed by bright red fruit. Part shade. Zones 13, 15–17, 19–24.

NORMAN A. PLATE

LONG-LASTING *2- to 3-inch-wide berry clusters hang from Cotoneaster lacteus.*

Cotoneaster. Many handsome and tough evergreen and deciduous ground covers and shrubs. Most have bright red to orange fruit. Evergreen *C. dammeri* 'Coral Beauty' has brilliant coral fruit and is prostrate. Deciduous *C. horizontalis* grows 2 to 3 feet tall. Evergreen *C. lacteus* has arching growth to 8 feet or more. Full sun. Zones vary.

Hawthorn (*Crataegus*). Deciduous trees to 25 feet tall. Showy pink, red, or white flowers in spring are followed by colorful red fruit. Washington thorn (*C. phaenopyrum*) produces the best display of fruit and is also disease resistant. Don't plant over sidewalks. Full sun. Zones 1–12, 14–17.

Toyon (*Heteromeles arbutifolia*). Evergreen shrub or small tree 10 to 25 feet tall. Small white flowers are followed by clusters of bright red berries. Full sun or part shade. Zones 5–24.

DANGLING RED BERRIES *of toyon appear just in time for the holidays.*

RUSS A. WIDSTRAND

K. BRYAN SWEZEY

BRIGHT RED *berries of Lonicera maackii have a translucent quality.*

Holly (*Ilex*). Many kinds of evergreen shrubs including Chinese holly (needs long warm season to set fruit), English holly (needs male and female to produce fruit), San Jose holly, and yaupon holly. Full sun to shade (best show of berries in sun). Zones vary.

Honeysuckle (*Lonicera*). Vigorous evergreen or deciduous vines or shrubs with often-fragrant, tubular flowers. Scarlet fruit follows on *L. korolkowii, L. maackii, L. periclymenum* 'Berries Jubilee', and *L. tatarica*. Full sun (light shade in inland areas). Zones vary.

Crabapple (*Malus*). Many varieties of deciduous trees with pink, red, or white flowers followed by colorful purplish red, red, or orange-red fruit. Some kinds are used for jelly. Full sun. Zones 1–21.

Heavenly bamboo (*Nandina domestica*). Evergreen shrub from 1 to 6 feet tall, depending on variety. Colorful red fruit forms when plants are grouped. Full sun or shade. Zones 5–24.

DRAPING NANDINA *berries glow a fiery red against a white stucco wall.*

Pyracantha. Many different varieties of evergreen upright or sprawling shrubs 3 to 15 feet tall. All produce a profuse crop of red to orange berries. Full sun. Zones vary.

Skimmia (*S. japonica*). Slow-growing, compact evergreen shrubs 2 to 5 feet tall bear tiny white flowers in spring. Bright red berries on females if a male is present. Light to moderate shade (full shade inhibits bloom). Zones 4–9, 14–22 (best in 4–6, 17).

Mountain ash (*Sorbus aucuparia*). Deciduous tree to 30 feet tall with a dense, oval crown. Flat clusters of 3- to 5-inch flowers in spring are followed by orange-red, pink, or white fruit in midsummer. Full sun. Zones 1–10, 14–17.

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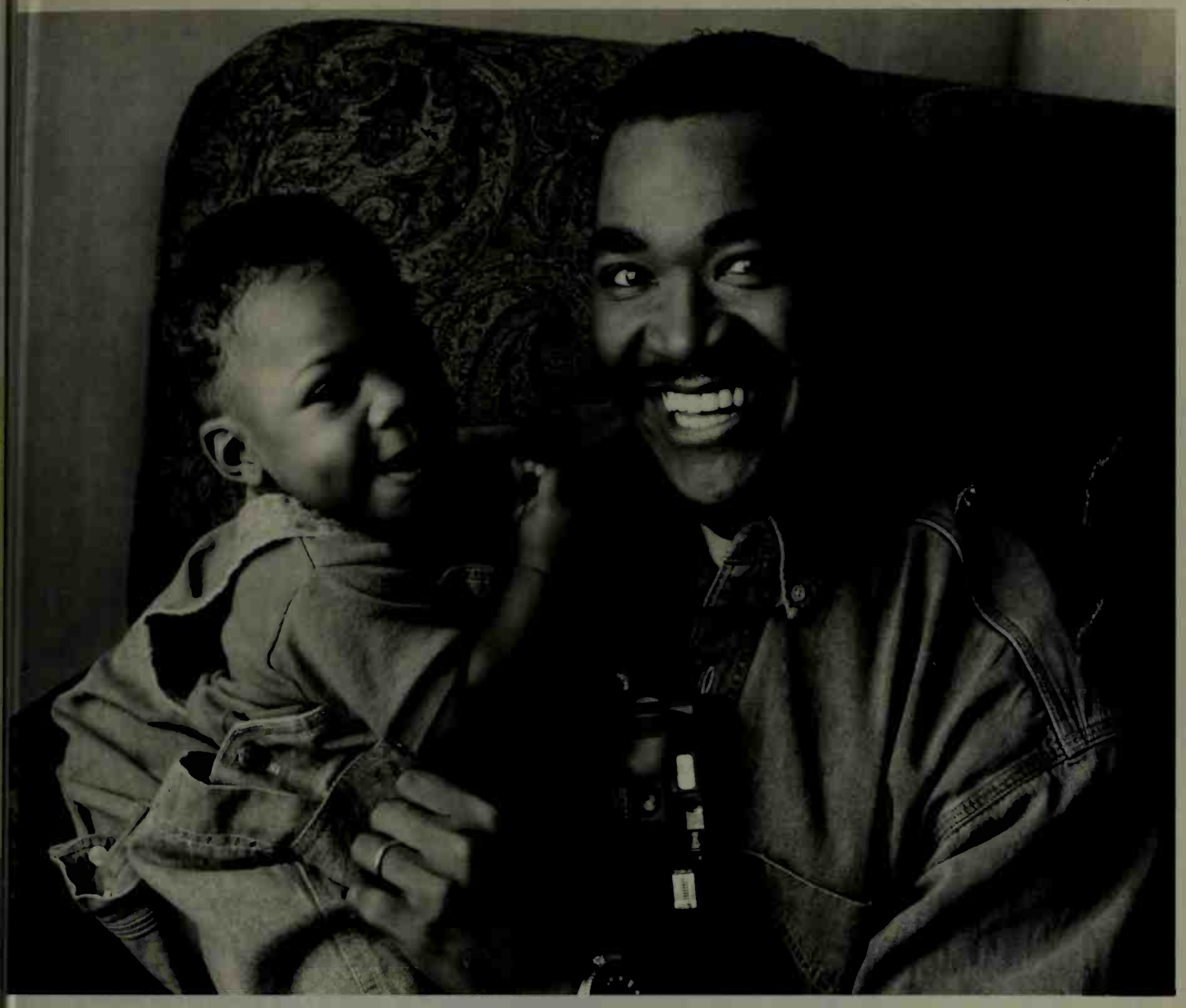

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RED TOYON BERRIES, *loosely attached with ribbon to stems, add bright spots of color to potted palm (above); dried white statice adds lacy texture. California pepper berries, pine cones, and pomegranates embellish ivy topiary (below).*

All through the house, plants join holiday festivities

CHAD SLATTERY

DRESSING HOUSE plants festively—with ribbons, cones, or dried flowers and leaves—is an inexpensive way to bring cheer and color indoors for the holidays. If you already grow healthy house plants like ferns, *Ficus benjamina,* ivy topiaries, palms, and schefflera, you have year-round greenery just waiting to sparkle with some seasonal decorations.

Gather berries, cones, dried flowers, small fruits such as kumquats, and colorful leaves like nandina from the garden or a florist. Large bows made with French (wire-reinforced) ribbon add color; this ribbon is sold in craft supply stores for $2 to $3 a yard.

Lightweight decorations are best for hanging since they won't break or bend the plants' stems and leaves. Heavier ornaments like big pine cones, lady apples, and dried pomegranates can rest on the soil at the base of the plant, space permitting.

You can also anchor stems of dried flowers in the soil; the flowers can fan out and mingle with the green foliage, as in the upper photo. Stems of berry clusters pressed into the soil at the container's edge will hold the berries in place, yet allow them to cascade like those pictured.

To attach decorations to plants and their containers, use very fine wire or wire ornament holders, ribbon, or clear plastic tape (avoid sticking any tape directly to the plant).

Some plants, such as maidenhair fern, have fragile stems that won't hold ornaments well; set them in baskets, and then decorate the baskets. Slip stems of flowers or leaves into spaces in the basket's sides, then secure them as necessary with wire or tape.

To keep plants healthy, decorate them shortly before a holiday party or other special occasion, and remove the ornaments soon after. ■

By Lynn Ocone

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DARROW M. WATT

TO CHOOSE *among bare-root trees in nursery bed, check for good structure and plump roots.*

Making the wisest bare-root choice

By acting now, the smart nursery shopper can save money and get plants off to a great start

BARE-ROOT TIME is here, but only fleetingly in warm climates. Shop early for the best pick of vines, roses, shrubs, and ornamental, shade, and fruit trees.

Often 40 to 70 percent cheaper than their container-grown counterparts, bare-root plants also adapt better to existing soils and develop healthier root systems. You don't have to worry about potbound or girdled roots, or about matching container soil to garden soil.

CHOOSE CAREFULLY

Bare-root season is short because trees are dug and shipped while dormant. Buy early while stock is fresh. Two risky bets to avoid near the end of the bare-root season are plants leafing out (no longer dormant, they may not transplant well) and those prepackaged in plastic (their roots often start to rot).

Check roots carefully; they should be plentiful and well formed (not 4- to 6-inch stubs), feel firm, and not look dry. Avoid plants with dark, slimy, or spongy roots. (If only one or two small end sections appear this way, they can be trimmed off without affecting the plant's health.)

Next, check the trunk. It should be clean of wounds and fairly straight without any strange twists.

PLANTING AND PRUNING

The primary cause of failure with bare-root plants is drying out. Bring your purchase straight home, and don't let it bake in the sun or suffer from drying wind.

If you can't plant right away, bare-root stock can hold for several days. Soak roots in water for an hour, then place plant in a shady, cool spot. To keep roots from drying out, lay the plant down and cover roots with moist compost or sawdust.

Before planting, inspect roots again and trim off any broken, dry, or diseased portions with sharp pruners. Broken roots can rot, but cleanly cut ones will heal and grow.

To plant, loosen soil within an area at least twice the diameter of the rootball, and as deep as needed to accommodate roots (usually 12 to 18 inches). Add a complete controlled-release fertilizer to the planting area.

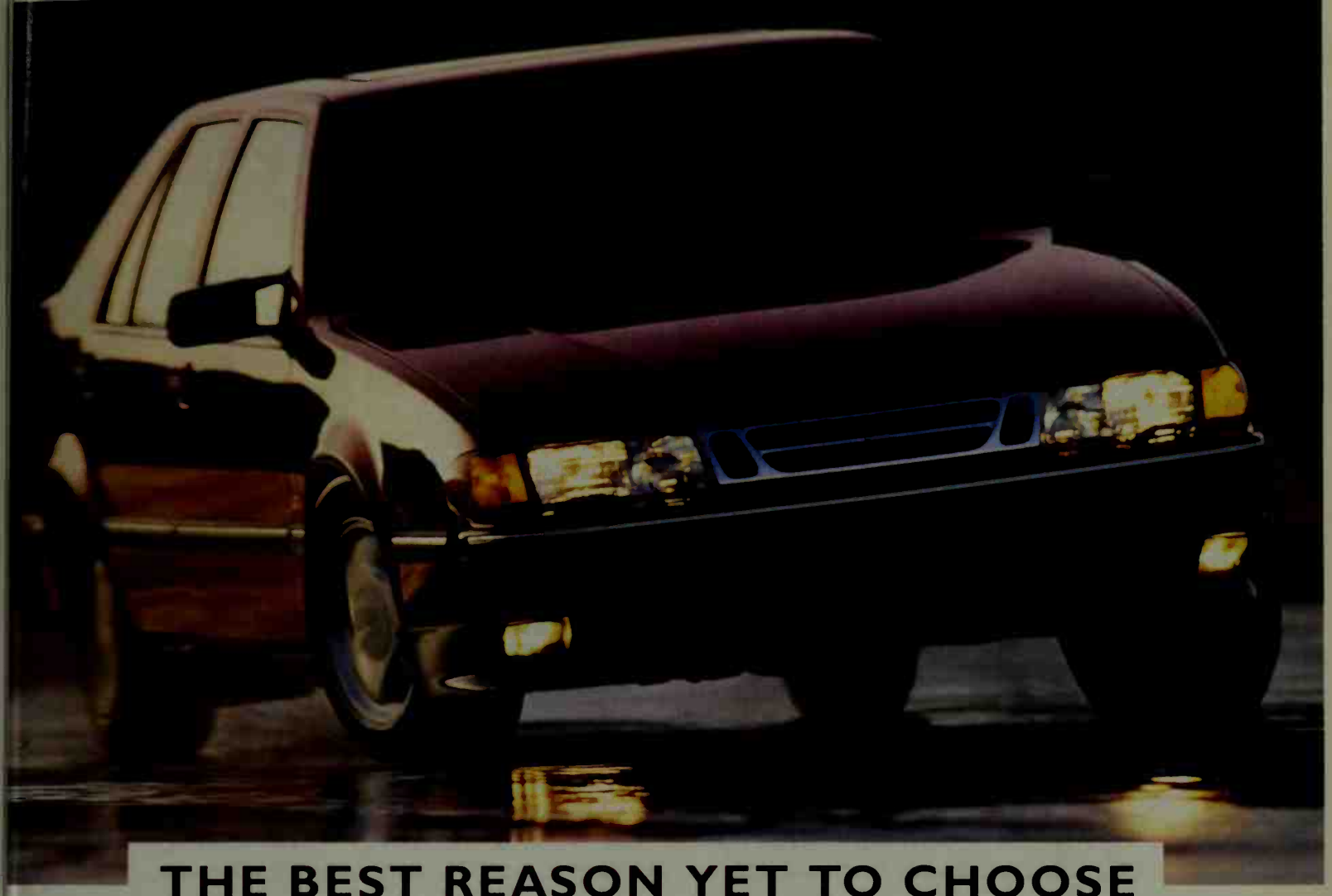
Hold the plant upright as you fill the hole. In average or heavy soil, keep the plant's old soil line 1 to 2 inches above the final soil level; in loose, sandy soil, set it at the ground's soil level. Set stakes if needed; tie when planting is complete. Fill the hole halfway, gently shake the plant up and down to let soil sift down, then tamp lightly with your foot and fill the hole. Water slowly and thoroughly to soak soil all the way down.

Some nurseries pot their bare-root plants in paper-pulp pots. After slicing pot sides and bottom into quarters to help the container break down, plant in the ground, pot and all. Tear off any part of the pot rim above soil level to avoid wicking action that sucks up soil moisture.

After initial watering, check soil moisture regularly and water as needed. Don't overwater: dormant plants need less water than actively growing ones, and their roots develop poorly in soggy soil.

At planting time, prune only branches that are broken, that rub together, or that detract from the overall structure. For most fruit trees, encourage low branching by cutting the trunk back to 3 to 4 feet. (Fruit trees grafted with multiple varieties should be pruned selectively; ask your nursery for pointers.) ■

By Emely Lincowski



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To learn more, choose a direct route to your nearest Saab dealer, where the 9000 CSE awaits your test drive. And save the back roads for the trip home. Or call 1-800-582-SAAB.

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Have a creepy-crawly Christmas

Here are 20 unusual gift ideas for the organic gardener on your list

FINDING THE RIGHT gift for an organic gardener isn't necessarily difficult. You just have to think like someone who gets more excited about a truckload of manure than a new sweater.

To help you out, we asked four avid organic gardeners to tell us what's on their wish lists this holiday season. Kate Rogers Gessert of Eugene, Oregon, is a 20-year veteran of organic gardening. John Kowall of Richmond, California, is another longtime organic gardener. Peggy Rishe of Santa Barbara is a relatively recent but enthusiastic convert. Bud Stuckey grows crops organically in *Sunset*'s Menlo Park test garden.

BIG-TICKET PRESENTS

The New Royal Horticultural Society Dictionary of Gardening (Stockton Press, New York, 1992). "An incredible resource, with hundreds of plants and cultural information."–*K. R. G.* The 3,200-page four-volume set costs $795.

Freezer. "I never have enough room for my large harvest of organic vegetables."–*B. S.* Cost: $350 to $430 for 13 cubic feet.

Tumbler composter. "This is the best gift I ever received. It's an integral part of my organic garden, producing a cubic yard of compost every three to four weeks."–*P. R.* Cost: $290 to $370.

Gas-powered shredder. "This is my all-time favorite gift idea. Yard waste that normally goes into overfilled dump sites can be used for mulch and compost."–*J. K.* Cost: $479 to $1,000 for a 4- to 5-horsepower machine.

Lightweight rotary tiller. "A workhorse gift that's a must for tilling in compost and fertilizer. The small models weigh only 25 pounds, making them easy to use and lift."–*P. R.* Cost: about $300 for a 1.6-hp machine.

NITTY-GRITTY GIFTS

Truckload of horse manure. Not a very romantic gift, but everyone mentioned it. Cost: usually free (ask at your nearest stable or ranch).

Bat guano. "A fast-acting, potent fertilizer."–*P. R.* Cost: about $17 for 10 pounds.

Colloidal (soft) phosphate. "This phosphate is more readily available and quicker-acting than other types of rock phosphate."–*K. R. G.* Cost: about $8 for 50 pounds.

Diatomaceous earth. "An important part of any organic gardener's bag of tricks. It controls many insects, both indoors and out."–*P. R.* Cost: $10 for 5 pounds.

Fish emulsion and liquid

Roll out a winner i

This year's Grand Prize winner receives $10,000 cash plus a trip for 4 to a world-famous the
OshKosh B'Gosh retailers. Or send a stamped, self-addressed envelope to "OshKosh B'Gosh P

*Trip includes airfare, lodging and admission to theme park.

NORMAN A. PLATE

SURPRISE GIFT *of live earthworms brings a smile to John Kowall's face.*

seaweed (kelp). "I swear by these fertilizers. Their trace elements seem to really make a difference."–*B. S.* Cost: $5 to $6 per quart.

Earthworms. "Everyone knows that earthworms are good for the soil, but few people would think of giving them as a gift."–*J. K.* Cost: about $17 for a pound.

MUST-HAVE BOOKS

Common-Sense Pest Control, by William Olkowski, Sheila Daar, and Helga Olkowski (The Taunton Press, Newtown, Conn., 1991; $39.95). "Everything you need to know about bad and good bugs."–*J. K.*

Let It Rot! The Gardener's Guide to Composting, by Stu Campbell (Storey Communications, Inc., Pownal, Vt., 1990; $8.95). "My composting bible. It's a great gift for a first-time composter."–*P. R.*

Seed to Seed: Seed Saving Techniques for the Vegetable Gardener, by Suzanne Ashworth (Seed Saver Publications, Rural Route 3, Box 239, Decorah, Iowa 52101, 1991; $20 postpaid). "An indispensable book if you want to save your own seed."–*B. S.*

The Three Year Garden Journal with Regional Planning Guides, by Louise Carter and Joanne Lawson (Starwood Publishing, Washington, D.C., 1988; $27.95). "I keep track of yields, weather, planting dates, pests."–*P. R.*

STOCKING STUFFERS

Compost thermometer. Everyone mentioned this useful tool, which tells you whether your compost is getting hot enough. Cost: $14 to $19.

Seed catalog gift certificate. "I like to buy from catalogs that sell untreated seeds. That way I make sure I'm growing organically from start to finish."–*P. R.* Cost varies.

Hand cream and fingernail kit. "Let's face it, organic gardening (or any kind of gardening) can ruin a pair of hands."–*J. K.* Cost varies.

Copper snail barriers. "This long-lasting, weatherproof banding is great for keeping snails and slugs from attacking plants."–*P. R.* Cost: about $11 for 20 feet.

Beneficial insects (trichogramma wasps, green lacewings, ladybugs). "Most suppliers accept orders in advance and allow you to specify shipping dates for spring delivery."–*P. R.* Cost: $6 and up.

WHERE TO ORDER GIFTS

Fertilizers, insects, and some small items can be ordered from *Peaceful Valley Farm Supply,* Box 2209, Grass Valley, Calif. 95945, (916) 272-4769; or *ARBICO,* (800) 767-2847. The composter is available from *Kemp Co.,* (800) 441-5367. ■

By Lauren Bonar Swezey

ur photo contest.

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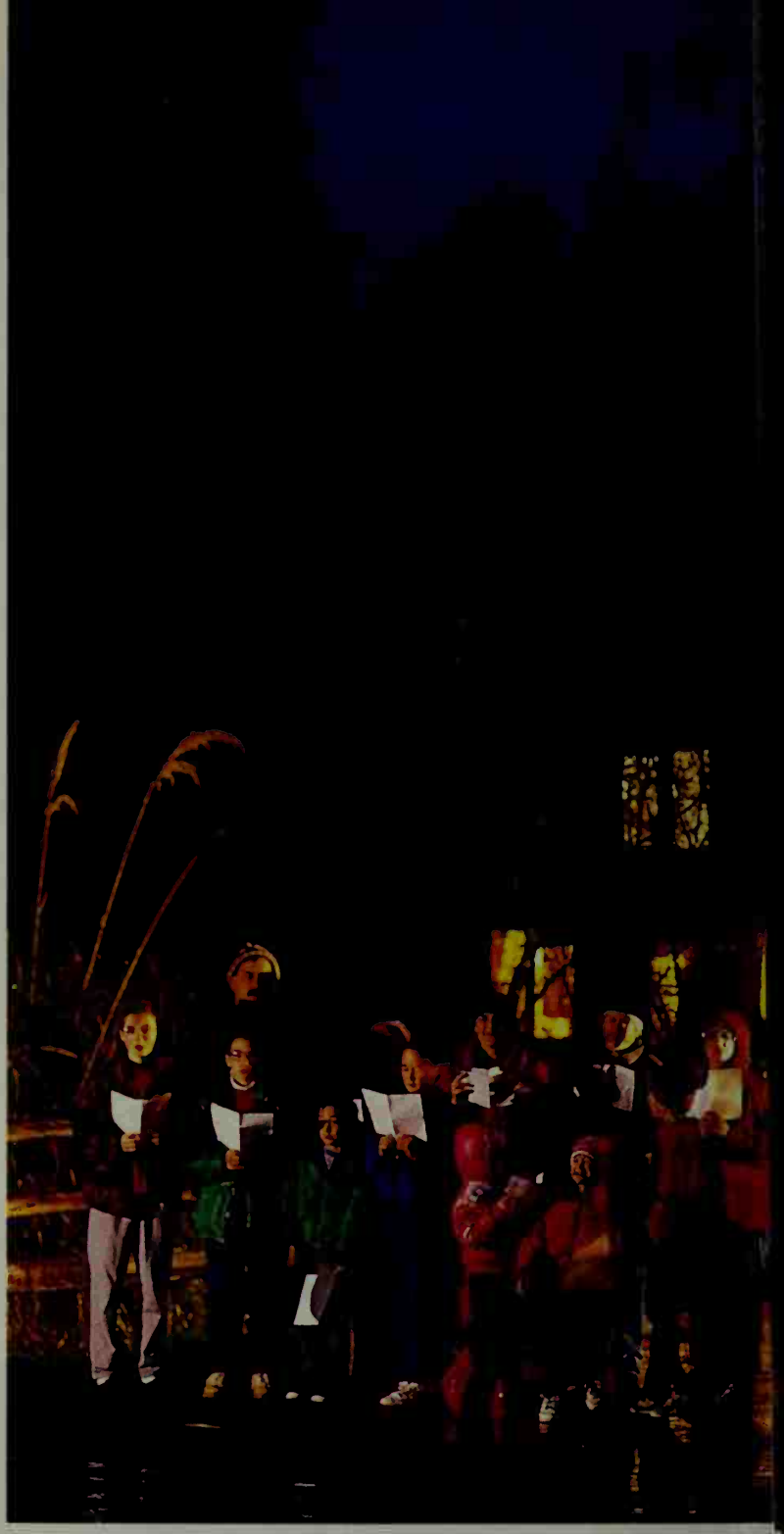
k.* When you're ready to unwind, look for details at participating
ntest," P.O. Box 82025, Dept. 32X, St. Paul, MN 55182. No purchase necessary.

Living trees . . . a joy indoors now, glory in the garden for years

PETER CHRISTIANSEN

LIVE SPRUCE *is decorated mostly with edibles. Left in place when tree gets moved back outdoors, they'll feed the birds.*



DECKED OUT WITH COLORED LIGHTS, THE ALPINE fir pictured above is a magical sight at Jerry Zetzsche's house around Christmas. The warm glow of its lights brightens the neighborhood and enchants passersby. But the tree doesn't come down after the holidays; it's a tall, proud part of the landscape now, a dozen years after it presided over holiday festivities indoors as a mere youngster in a nursery can.

Many living Christmas trees throughout the West hold similar memories for their owners. "Whenever our grown daughter comes home, she goes first to that great blue spruce out front to see how much it's grown since its Christmas tree days," one tree owner wrote us. "In its way, that tree marks the passage of time."

How many living Christmas trees find their way into the garden after the holidays? And how well do they do? To find

DOUG WILSON

SURROUNDED *by carolers, alpine fir becomes a neighborhood landmark when it's lit for the holidays.*

A FOREST *of spruces, firs, and pines (top) surrounds Bethel Barker's Tacoma house. Every one started out as a living Christmas tree. Bob Baltzell's alpine fir (bottom) is one of 20 he has in his landscape.*

out, we asked readers; more than 200 responded to our query.

The results surprised us: about 90 percent of our respondents' living trees survived, and most had earned a special place at their households.

"The tree is like an adopted child, specially chosen," one reader wrote.

"Each tree represents a year of our lives," commented another.

Most people used and planted out several living trees; the practice seems to become a gentle addiction that goes well beyond the ideals of Global ReLeaf.

THE BIG LESSON: PLAN AHEAD

Our readers' failures told as much as their successes. With those in mind, we give you Rule One for Christmas tree longevity: shop only for trees that thrive where you live. The chart on pages 64 and 65, which lists the eight commonly available trees that are most widely grown by our respondents, will help, as can your nursery.

And Rule Two: before you buy, think about where you'd like your tree in five years. You could keep it in its container, reusing it year after year; work it into your garden; or pass it on—our readers have donated ex-Christmas trees to parks

The eight most popular trees for indoors and out

DEODAR CEDAR
(*Cedrus deodara*)

Where does it grow?

Try this anywhere in the West except in the coldest parts (zone 1*) and the low desert (zone 13).

Landscape uses

Give it plenty of room: these grow 2 feet per year; 80-footers line Christmas Tree Lane (Santa Rosa Avenue) in Altadena, California.

*Zones are from the *Sunset Western Garden Book*.

AUSTRIAN BLACK PINE
(*Pinus nigra*)

Where does it grow?

Thrives where it gets winter chill; doesn't work in low desert (zone 13) or Southern California (zones 18–24).

Landscape uses

Grows 6 to 12 inches per year to a mature height of around 40 feet. Excels as a windbreak or alone in a small or medium-size garden.

COLORADO BLUE SPRUCE
(*Picea pungens* 'Glauca')

Where does it grow?

Grows from the Northwest to central California and the Rockies. At its best in cold-winter mountains.

Landscape uses

Adds 1 foot per year; can top 80 feet, so needs room. Prickly, blue, one of the West's most widely used living Christmas trees.

NORWAY SPRUCE
(*Picea abies*)

Where does it grow?

Good in Northwest (except zone 7), Sierra Nevada, and California's central and north coastal regions; all right in the Rockies.

Landscape uses

This big landscape tree grows 18 inches per year; can hit 150 feet. Fine tall windbreak, and not as prickly as most spruces. Takes cold.

and schools from Walla Walla to San Diego.

With these principles in mind, you're ready to buy.

THE TREE'S FIRST LIFE: CONTAINER-BOUND

When you shop for a tree, take a tape measure: a living tree with a 6-foot trunk will be 2 feet taller than an identical 6-foot cut tree. The difference, of course, is the live tree's extra 2 feet of rootball and container.

Once you get your tree into the house (use a hand truck), keep it there no more than 10 days. Place it well away from heater vents and fireplaces, and water slowly and thoroughly by dumping two trays of ice cubes into its soil surface every day. Decorate it with small, cool bulbs—flashing bulbs are best of all. Some readers decorate their trees with food birds love—strings of popcorn and cranberries, for example—then leave the decorations in place for the birds to peck at when the tree is moved back outdoors. Don't use tinsel; it's too hard to get off.

Fast-growing trees like grand fir can only remain containerized for a couple of years. Longer than that, they become rootbound. Slow-growing trees like Korean fir can stay potted long-term: one Seattle family we interviewed had used a bristlecone pine for 15 Christmases without repotting.

THE TREE'S SECOND LIFE: IN THE GROUND

Though most living Christmas trees planted out grow large, many people who responded to our survey managed to grow more trees in the landscape than we'd have thought possible.

GIANT SEQUOIA (*Sequoiadendron giganteum*)	ALPINE FIR (*Abies lasiocarpa*)	DOUGLAS FIR (*Pseudotsuga menziesii*)	WHITE FIR (*Abies concolor*)
Grows everywhere, and handles drought well, especially where roots can go deep enough to reach water.	Thrives from the Northwest to central California, and in other cold-winter parts of the West. One form native to Arizona mountains.	Fine from the Northwest to the central California mountains, then east to the Rockies. Fails in Southwest, low desert (too little chill).	Grows everywhere except the desert.
A rocket, this can grow 3 feet per year. Handsome, thick-trunked, and potentially huge—over 200 feet in California's redwood belts—it's a knockout if you have room.	Plump garden tree grows 6 to 12 inches per year, into narrow spire in snowy areas. Works in landscape or as long-term container plant.	Soft-needled, pretty, and vigorous; can grow 18 to 24 inches per year. Makes a quick screen or centerpiece, can even be trimmed as a hedge.	Long-needled and graceful; grows a foot per year (slower in mild areas). Excels in containers. Blue 'Candicans' is choice.

PHOTOS: DOUG WILSON, NORMAN A. PLATE

(Look at the picture at the top of page 63.)

The most popular garden sites were in corners and along lot lines; conifers make great all-season screens. A few were also standout garden centerpieces, strung with lights yearly until they outgrew the decorator's ladder.

Don't plant trees where they'll eventually block your neighbor's view or your precious winter sunlight.

Dig a hole as deep as the rootball and twice as wide. Lightly score the rootball with a sharp knife, then plant. Water well at planting time, and regularly (whenever the top inch of soil dries out) for the first year.

If you're short on room in your garden, donate your tree to a park. ■

By Jim McCausland

Seven worthy runners-up

Korean fir (*Abies koreana*) grows slowly to 30 feet. Shapely, with surreal purple and chartreuse cones. Zones 3–9, 14–24.

Spanish fir (*A. pinsapo*, blue *A. p.* 'Glauca') are striking trees with sprucelike symmetry. Slow to 25 feet. Zones 5–11, 14–24.

Noble fir (*A. procera*) is fast to 100 feet. Zones 1–7, 15–17.

Alberta spruce (*Picea glauca* 'Conica') makes a dense, classic tabletop tree. Slow to 10 feet. Zones 1–6, 14–17.

Eldarica pine (*Pinus eldarica*) reaches 50 feet, has an open habit. Great in the desert. Zones 1–24.

Aleppo pine (*P. halepensis*) has lots of character, grows at moderate rate to 50 feet. Zones 5–9, 14–24.

Monterey pine (*P. radiata*). Good near California coast. Kinds now sold are straighter, grow fast to 100 feet.

One day you get married, have kids, get a dog and buy a wagon. So you start driving to day care. You drive to the baby-sitter's place. You drive to your parents'. And, according to your grandparents, you don't drive over to their house as often as you should. Then you start taking the children to preschool. Then to kindergarten. Then to grade school. You drop the kids off at swimming lessons, ballet lessons, trombone lessons and ice skating lessons. A week later, they

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drop the trombone lessons. You go to the beach one summer and to the lake up in the mountains the next. And you finally decide to go see the Grand Canyon. Your dog barks at all the gas station attendants along the way. You pick the kids up from soccer practices, which soon turn into basketball practices, which soon turn into baseball practices. Then come the football games, which they don't play in, but still need a ride to. And just when you're starting to feel a little like a taxi service, one of your little darlings walks up to you, smiles sweetly, and asks for the keys to the car. You might as well enjoy the trip.

The Accord Wagon HONDA

MICHAEL THOMPSON

NORMAN A. PLATE

HYBRID MUSK *'Kathleen' towers above R. soulieana in arrangement.*

LIKE A CLUSTER *of cherry tomatoes, R. rugosa alba hips cover cane tips in fall.*

'Fru Dagmar Hastrupp' *'Dortmund'* *Chestnut rose* *R. rugosa alba* *Sweet briar*

Another reason to grow roses: for hips

Choose the right variety and you can harvest beautiful rose "fruits"

THE SECOND SEASON for roses begins when petals fall and hips form. The hips (the plants' fruit) come in a variety of shapes and sizes, commonly between the diameter of a pea and that of a cherry tomato; their bright colors range from yellow to sealing-wax red.

Some florists sell hips for $12 per spray—more than you'd pay for a plant. Order plants now for dormant planting, and you can reap your own harvest of hips by fall.

Allowing hips to form on your roses in fall has another advantage: it encourages early dormancy, so plants reserve energy for next year's growth.

Only some roses—most notably the old-fashioned types—are grown for showy hips. Here are seven that offer a range of hips and growth habits. All have excellent disease resistance and, unless noted, bloom once a year (for about a month) and can handle the West's coldest winters.

Sweet briar (*Rosa eglanteria*), named for the green-apple fragrance of its foliage, has red, drop-shaped hips with small, glistening hairs that may remind you of sundews. With thorns growing even on its roots, this 12-foot climber makes a fine barrier.

R. kordesii 'Dortmund' bears clusters of 15 to 20 dime-size rusty or bright orange fruits that hold through much of winter. It's striking in arrangements. White-centered single red flowers appear throughout the season, even where summers are very hot. Train this 7- to 12-foot plant along a fence or trellis.

Musk rose (*R. moschata*) takes its name from its scent. A hybrid musk, 'Kathleen', bears pink, wonderfully fragrant, apple blossom–like flowers repeatedly and can be grown as a shrub or a house-high climber. Grape-size orange hips appear in masses.

R. moyesii has 2-inch red, bottle-shaped hips that form from deep red flowers on a 10-foot shrub; for a smaller shrub, try a three-quarter-size variety like 'Geranium' or 'Sealing Wax'.

Chestnut rose (*R. roxburghii*) has spiny, round, fragrant, chestnutlike flower buds and hips. Peeling bark and double pink flowers are also noteworthy on this 8- to 10-foot shrub.

Rugosa rose (*R. rugosa*) is also called ramanas rose or sea tomato because its hips look like cherry tomatoes. Among the best: *R. r. alba* (abundant red hips contrast with yellow fall foliage), *R. r. magnifica,* and *R. r. rubra.* Some named varieties with good hips include 'Fru Dagmar Hastrupp' (also called 'Frau Dagmar Hartopp') and 'Blanc Double de Coubert'.

Rugosas are able to thrive in poor soil and have dense thorns that make a good barrier. Most kinds grow to 7 feet or so, but some (*R. r. alba* and the named varieties above, for example) grow to about 4 feet. All rugosas are repeat bloomers with excellent disease resistance.

R. soulieana produces a profusion of small, red-orange hips on a plant that can reach 12 feet. This is a good choice for arrangements.

SOURCES

Two mail-order sources with a wide selection are Roses of Yesterday and Today, 802 Brown's Valley Rd., Watsonville, Calif. 95076 (catalog $5); and Heirloom Old Garden Roses, 24062 N.E. Riverside Dr., St. Paul, Ore. 97137 (catalog $3). ■

By Jim McCausland

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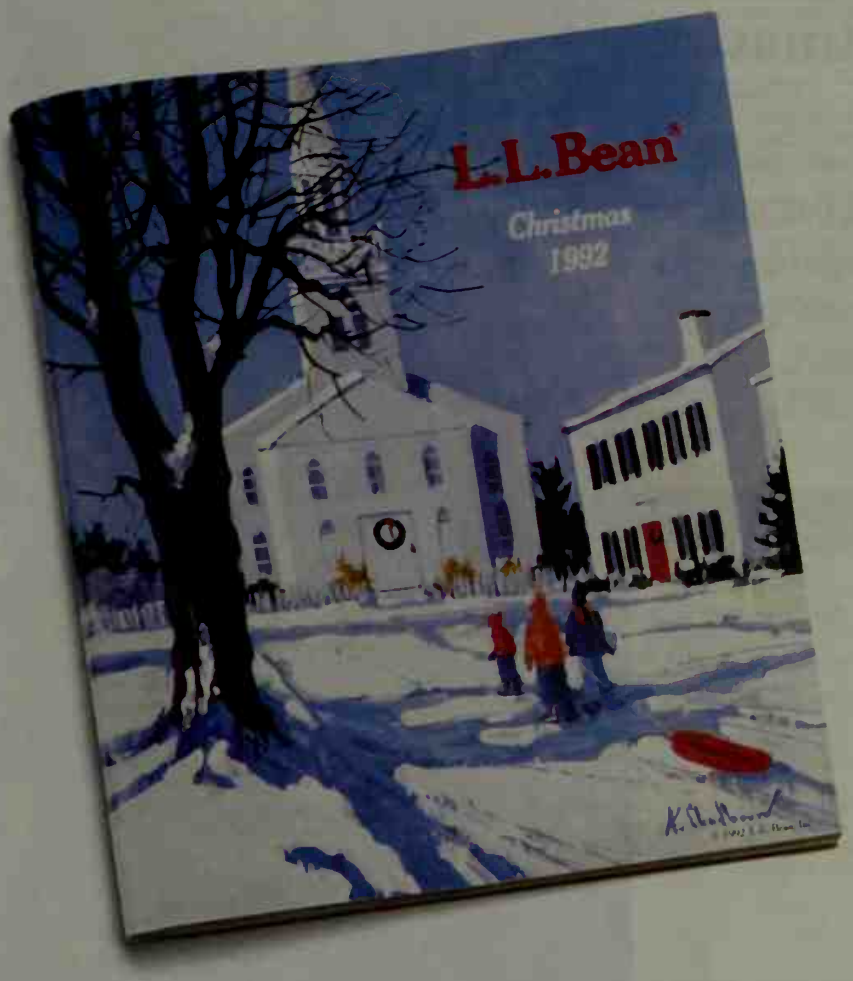

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Life with monster Christmas trees

Sunset readers tell how to support, decorate, and water big cut trees

DON NORMARK

TRULY NOBLE NOBLE FIR *fills the big window in Debora and Gerard Centioli's living room in Medina, Washington. The 14-footer sits in a homemade stand.*

CERTAINLY, WE'D ALL like to identify with the living tree article on page 62. But the cold facts are, many of us prefer plantation-grown, shaped or sheared Douglas fir, Monterey pine, Noble fir, Colorado blue spruce, or Scotch pine cut at a tree farm or whisked home from the corner lot.

And, boy, do we ever like 'em BIG.

Home buyers see a vaulted living room ceiling in July and envision a majestic, decked-out tree reaching its ridge in December. Remodelers install double front doors to make getting the monster into the house a simpler task, or raise the roof and push out walls to accommodate a big tree. Those two-story entry halls are just the places for big evergreens.

How do we know this? Scores of *Sunset* readers told us last December when they responded to our question "How do you put up a really big tree?" According to our respondents, a big tree isn't just a tradition. Choosing one and setting it up is a family adventure and a quest, for some even an albatross.

How *do* you get one indoors, set it up, and keep it up? Here are answers. Our readers have learned a lot of lessons over the years, and we share their tips.

FINDING YOUR BIG TREE

Hard-core big tree folks cut their own, particularly in the Northwest's timber country, where there's access to

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W. D. A. STEPHENS

larger, less expensive trees than elsewhere. Beyond timber country, expect to pay a king's ransom for a big tree, especially if you have it delivered. For a more reasonable price, you may be able to find an unwieldy ugly duckling at a Christmas tree lot.

The challenge is to buy a big tree that's just the right height. Several readers lug to the lot a pole the height of the tree they want, to make sure they're not off on their eyeballing. "We've learned since the first tree to measure *before* we bring it inside," one sensible reader wrote.

GETTING IT SET UP

Our respondents are a creative bunch. To steady big trees, they wedge them into washtubs, or set them into rock-filled 5-gallon buckets or in oil-changing pans mounted to plywood bases.

To protect floors from water spills, they put a covering such as a plastic drop cloth under a plywood square attached to the stand. One reader cut the corners off the plywood—tree skirts are a lot more likely to cover an octagon than a square.

Are these solutions inventive? Yes. Trustworthy? Not always. We read too many letters relating the heartbreaking year the tree toppled and the heirloom ornaments were shattered.

To keep the tree from toppling, many respondents take additional precautions: they tie off the tree to a well-placed ceiling hook, to eyelets set into the tops of a window casing, to stair rails, or to points on the surrounding walls. A couple of readers hide concrete piers behind the tree, then run line from eye screws set in the pier blocks way up the trunk of the tree.

If you'd rather not devise your own Christmas tree stand, you can buy a ready-made one especially designed for big trees. The photograph above shows the three kinds most often recommended to us. All are sturdy, and two have generous basins attached (without a tree in place, they'll hold at least 2 gallons of water). The Davis model at left is designed so the trunk slips into a big bucket.

Look for these stands at tree lots, hardware and discount stores, and nurseries.

QUENCHING ITS THIRST

Respondents to our survey want fresh trees; that's why most of them cut their own. And they make every effort to keep the trees fresh, so the tree stands they design or buy include ample reservoirs. (Trunks of big trees are fatter than you might think; by the time you get one stuffed into a small reservoir, you may be filling the remaining space with an eyedropper.)

Count on some big trees to suck up lots of water, depending on the species; some readers needed to fill reservoirs three or four times a day for the first few days, then twice a day. Grand firs can absorb three times as much water as the more common Douglas firs.

TRIMMING YOUR TITAN

Attack a tree while it's down? Some readers decorate the tops—or at least string the lights—while a big tree is lying on the ground.

Many use extension poles to hang ornaments from hard-to-reach limbs. The simplest method reported—a bent nail at the end of a broom handle—may be the most effective. Or you can try this original spin technique, devised by a Nevada reader: hang the tree from an eye hook set into the ridge beam so it barely touches the floor.

An Oregon reader agrees: "It can be decorated from one place—you turn the tree instead of lifting and moving the scaffolding."

AFTER THE HOLIDAYS . . .

Strip the tree of its decoration, then pull the last of the water out of the reservoir with a turkey baster. To get the tree out of the house easily and to keep the mess centralized, you can cut the tree into smaller pieces. Otherwise, you'll still be finding needles along your exit route on the Fourth of July. ■

By Bill Crosby

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lightest, weatherproof zoom camera in the world. The Olympus Infinity SuperZoom 3000. Imagine. A 38-110mm zoom in a camera that fits in your pocket. And you get **O** *the big advantage of 460-step* curiosity *autofocus for super-sharp pictures,* zoom *plus red-eye reduction flash, auto film* goo-goo *loading, as well as auto* olympus *exposure. The Olympus SuperZoom 3000—it's just what you need to add another "oh" to your photo album.*

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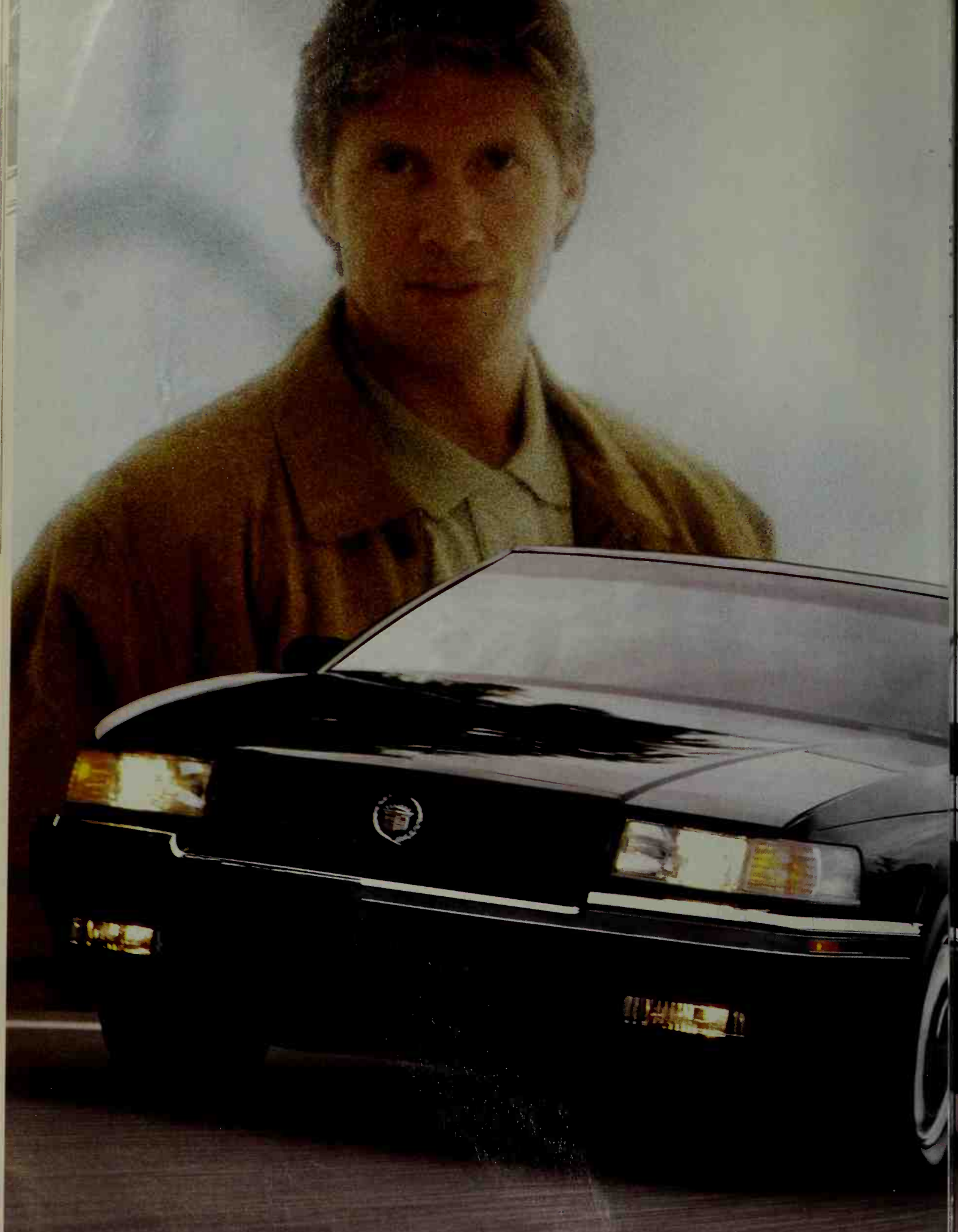

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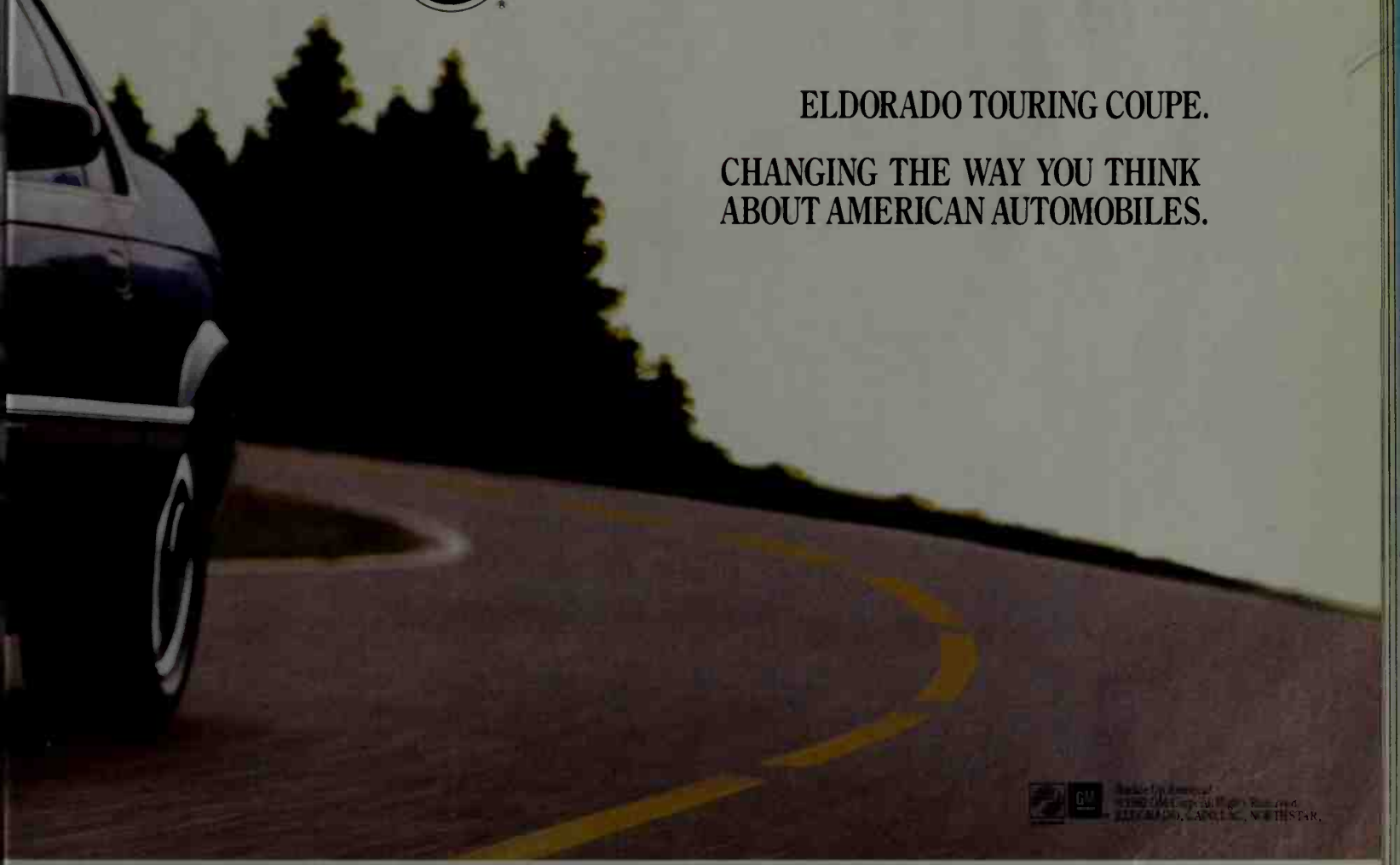

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A houseful of happy holiday ideas

CHAD SLATTERY

Come in and join the holiday celebration in Philip and Geraldean Belleville's restored farmhouse on Southern California's Palos Verdes Peninsula. The Bellevilles and their children, grandchildren, and friends used *Sunset*'s ideas to fill their house with holiday decorations, gifts, and foods—which you'll see on the next 14 pages.

The result was a houseful of holiday warmth and hospitality. We hope that you can use these ideas to create your own holiday house.

Fragrant swags that say,

CHAD SLATTERY

Resting on fireplace mantel, swag combines supple cedar, rigid boxwood branches, and cascading California pepper tree leaves and berries.

Hanging on end, swag made of fresh-cut eucalyptus, boxwood, and purple heather—18 plant pieces per foot—decorates doorway.

Draped gracefully across a fireplace mantel or over a front door, swags of greens and berries announce the holidays with color and fragrance.

You make one by wrapping bunches of greenery and clusters of berries around a long piece of twine; a swag like that pictured at right can take several hours to make. Designer Françoise Kirkman adapted this technique from Hawaiian lei-making methods.

For the base, cut strong jute twine to the desired length of the swag. Also cut evergreen prunings into 6- to 9-inch pieces; use raffia to attach prunings to twine.

To start, loop and tie together the twine and a piece of wet raffia at least a foot long (add more as needed)—see step 1 in drawings below. Working on a flat surface or on your lap, place a small bunch (about four pieces) of mixed plant clippings on top of the twine; wind the raffia around plant stems and twine. Wind again (step 2). Lay a second bunch of plant clippings on top of the twine with the greenery overlapping the stems of the first bunch. Wind the raffia once around the stems. Continue adding clippings along the length of the twine (step 3).

When you've almost used up a piece of raffia, tie another wet piece to it. Or tuck the ends of the old and new pieces under plant stems, and wind the new piece of raffia around them. At the end of the swag, tie together the raffia and twine (make a second loop if you need it to hang the swag). Finished swags, especially long ones, are fragile; handle them carefully.

Raffia and jute twine are sold at craft and hobby shops; raffia costs about $4 for 4 ounces (enough for one swag), and a 2-yard roll of jute costs about 80 cents. ■

By Lynn Ocone

1. Loop and tie together ends of twine (white) and wet raffia (yellow).

2. Wind raffia around stems of greenery and twine to hold them together.

3. Lay foliage of second bunch over stems of first, and wrap with raffia.

LUCY I. SARGEANT

Come in

Doorway decked for the holidays supports swag made from silver dusty miller, clusters of toyon berries, and rosemary branches gleaned from the garden.

Welcome the gang with a big yet quick buffet

PETER CHRISTIANSEN

Toast the holidays with personalized glasses. Apply names with dimensional fabric or craft paint; paint peels off.

Buy your way to success? That's the secret of this quickly assembled buffet. It expands easily if the guest list multiplies. The Belleville family heartily endorses the built-in flexibility because it leaves time to catch up on news of family and friends. Ready-to-eat purchased foods are the meal's backbone; simple make-ahead dishes round it out. A buying guide and recipes start on page 156.

HOLIDAY BUFFET FOR 10 TO 12

Buy-and-Serve Appetizers Garden Vegetables
Curry Yogurt Dip
Sugar-crusted Baked Ham Mustard
Basket of Assorted Breads
Marinated Vegetable Salad Bulgur Salad
Christmas Rose Trifle
Dry Red Wine Hot Cider Bar

Sliced smoked salmon, bite-size appetizers from the freezer case, and fresh vegetables with curry yogurt dip are nibbles to enjoy leisurely before dipping into the heart of the meal, which features a purchased sweet-crusted cooked, sliced-on-the-bone ham. To go with the ham, there is a quickly assembled marinated vegetable salad of canned roasted red peppers and marinated artichoke hearts, the bulgur salad, and a basket of asssorted breads.

A day ahead, assemble the dessert trifle (using purchased cake); you can also make a bulgur salad, the curry yogurt dip, and rinse the raw vegetables (wrap in towels, enclose in plastic bags, and chill). Shortly before serving time, heat the frozen appetizers and warm the cider to serve all evening.

This menu has a useful bonus: extras keep well for at least a week in the refrigerator, at the ready for sandwiches and snacks for an expanded household of family and guests.

What to do next? Just relax like the Bellevilles—sharing the season's good cheer and good food. ■

By Linda Lau Anusasananan

Christmas trifle is cake layered with jam, raspberries, and a delicate rose-flavor custard; keep it cold as it waits on the buffet.

CHAD SLATTERY

Glittery ornaments (above left and center) include brass dancers, painted glass balls, rolled-paper stars.

Ornaments tha

Whatever shape they take, the ornaments you make are always the most special. Here we show two trees decorated with handcrafted ornaments, including many that children can make with minimal supervision.

The shimmering ornaments on the tree above are created from manufactured materials (available only at craft stores). To make the dancing figures, you cut them from sheets of brass, then pattern them with punched holes. For the shiny globes, you customize plain glass balls with glittery dimensional fabric paints. The stars take shape from paper triangles, toothpicks, and foam-core board.

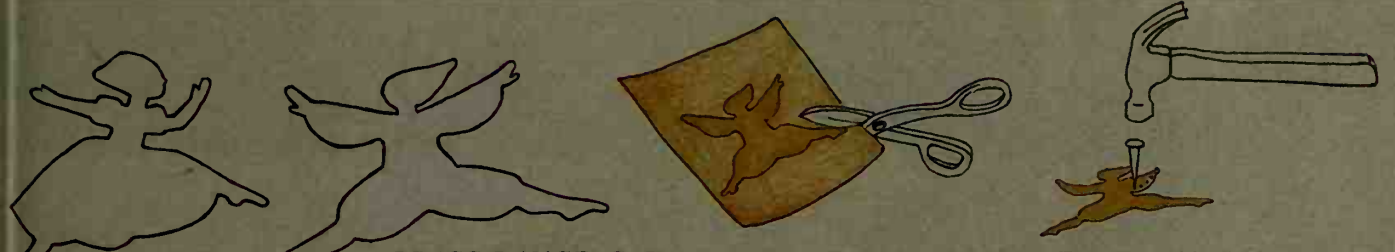
On the tree at right, natural materials conjure visions of sugarplums. Slices of dried fruit hang among garlands of small pretzels strung on red ribbon. These ephemeral ornaments will last as long as your tree is up. Designs: Françoise Kirkman. ■

By Peter O. Whiteley

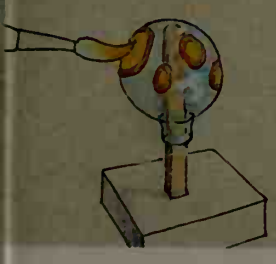
PETER CHRISTIANSEN

Pretzel and popcorn strings and thin slices of orange, lime, and star-shaped carambola make unexpected ornaments (left and below). Dry fruit slices 8 hours in 140° oven, then air-dry. Or, in microwave, place fruit on paper and cook 3 minutes at lowest power; rotate fruit, repeat step, then air-dry.

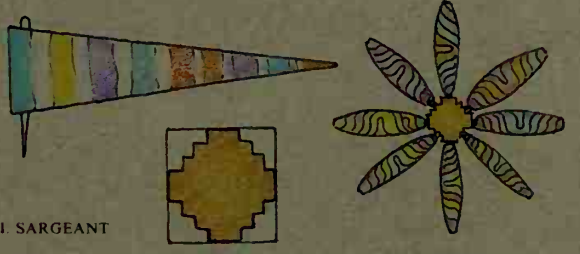
shimmer . . . and surprise



BRASS DANCERS. Draw shapes on paper and cut out. Trace on thin brass and cut out with tin snips. Punch small holes with a nail, and paint with acrylics.



PAINTED ORNAMENTS. To paint a pattern on a glass ball ornament, prop it upside down on a stick set in a block of foam.



LUCY I. SARGEANT

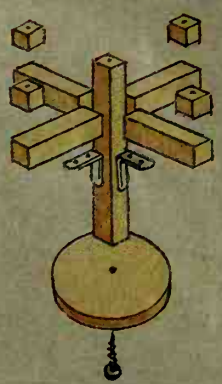
PAPER STARS. Paper triangles, painted with lines and rolled around toothpicks, stick into notched square of foam-core board to make a star.

Juniper-clad candle holder has its own gray-blue berry ornaments. Use your own candelabra or make one as shown below.

Hazelnuts, Brazil nuts, and moss mask tree's plastic foam cone.
CHAD SLATTERY

Coat cone with craft glue; press on lightly dampened moss. Adhere nuts with glue gun. Fill gaps with more moss.

LUCY I. SARGEANT



Armature of 2-by-2s rises from 8-inch circle of ¾-inch plywood. The 14-inch-long trunk is screwed to base from below. L-brackets reinforce 6-inch arms glued to trunk. Glue or screw candle holders onto 2-inch pieces of 2-by-2s glued to arms. Paint green, if desired. Make swag using florist's wire and juniper; wind it around base and frame.

Centerpieces au naturel

Mother Nature is tops at designing shapes, colors, and patterns, but you can repackage her handiwork into beautifully textured holiday displays. Leaves, nuts, seeds, moss, branches—even artichokes—mask or transform simple wood and plastic foam shapes, and baskets.

Foam balls and cones are available at most craft stores, where you can also buy craft glue and moss. Pumpkin, sunflower, and bird seeds, moss, and green or dried bay leaves make attractive ornamental balls. ■

By Peter O. Whiteley

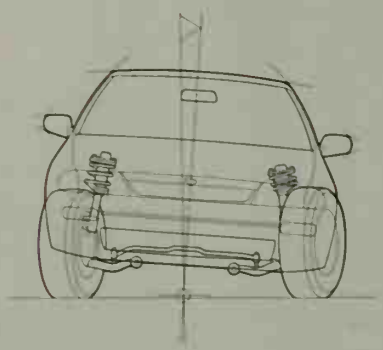
Wall-mounted woven reed basket with wire-stiffened ribbon is filled with artichokes wired onto basket. Tendrils of Spanish moss fill gaps.

Ornamental balls are plastic foam covered with leaves, seeds, or moss. Cord and ribbon add finishing touches.

To texture balls, glue on seeds or moss. Or glue overlapping leaves and wrap with decorative cord.

The safety features you want without the body style of a refrigerator.

*Our highly advanced anti-lift/anti-dive suspension provides exceptional control during panic steering situations. As a result, the Altima™ can outhandle a Lexus ES300 on a wet or dry slalom course.**



Our Nissan Altima GLE model has a head up display that projects speed and warning signals onto the windshield enabling you to keep your eyes on the road at all times.

*At Nissan, we believe a car doesn't have to be ugly to be safe. It doesn't have to be expensive, either. The new Nissan Altima™ employs over forty standard safety features. It starts at $13,000.** And as you can clearly see for yourself, it doesn't remotely resemble a household appliance.*

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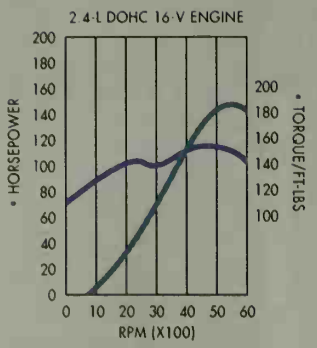
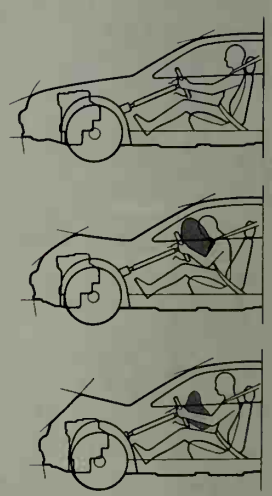


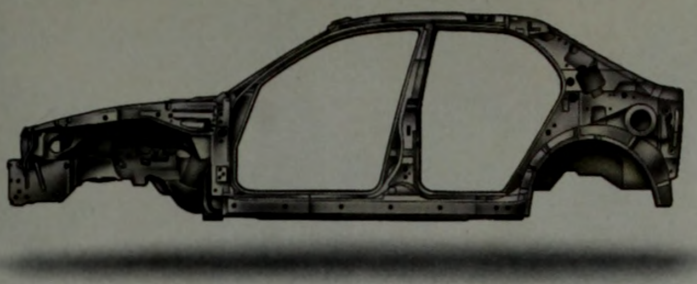
*Sometimes, the best defense is a good offense. Tap the Altima's accelerator and you can quickly escape harm. The car is so responsive, it has more freeway merging power than a Mercedes-Benz 190E 2.3.**

Every Nissan Altima has a standard driver's-side air bag complete with terminals plated in gold to protect against corrosion. It also has three sensors to ensure the air bag deploys only when necessary.

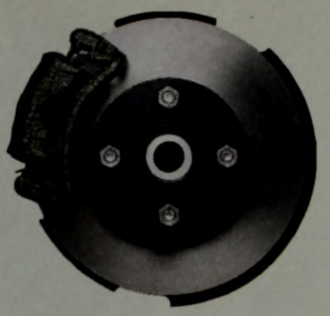


Nissan Motor Corporation in U.S.A. For more information, call 1-800-NISSAN-3, extension 601. Smart people always read the fine print. And they always wear their seat belts

**Based on independent test conducted by Automotive Marketing Consultants, Inc. 1993 Nissan Altima XE or SE versus 1992 competitive vehicles. Merging power based on time*

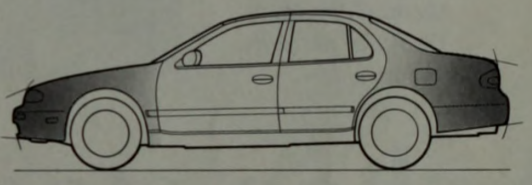


The Nissan Altima's solid DURASTEEL™ unit body includes reinforced door beams, roof and pillars.

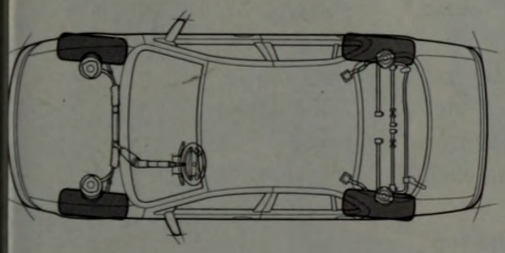


*All braking systems are not alike. When equipped with optional ABS brakes, the Nissan Altima SE can come to a quicker controlled stop than a BMW 325i.**

Introducing the new Nissan Altima. The affordable luxury sedan.



Front and rear crumple zones help manage crash energy and help reduce interior damage. In addition, steel guard beams have been placed in the door panels to help provide further protection in the event of side impact.



Nissan's Super Toe Control™ system allows the rear wheels to turn in the same direction as the front wheels—providing greater control at high speeds and in emergency handling instances.

The New Nissan

Altima

NISSAN

It's time to expect more from a car.™

*d distance required to accelerate from 20-55 mph. Slalom comparison based on course completion time. Braking based on stopping distance from 50-0 mph on a wet road rface. XE model shown with optional alloy wheels. **Manufacturer's suggested retail price for Nissan Altima XE excluding taxes, title, license, destination charges and options.*

PETER CHRISTIANSEN

Colorful shoe-stockings will bring a twinkle to Santa's eye—and to the happy children who open them. Copy them from the patterns shown below.

A shoe-stocking for everyone

Here's your chance to cobble Christmas shoe-stockings that play up the interests or personalities of family members. Whether you have a young ballerina, cowboy, basketball star, or other sport or hobby enthusiast, there's a style that fits. Copy our examples, work from other shoe styles, or invent imaginary footwear. No names need go on these stockings—one look announces for whom they're intended.

To construct each stocking, start with a piece of off-white artist's canvas that's been folded in half. On the top layer, draw the shoe outline and details lightly with pencil, then trace over the lines with permanent markers meant for fabric. Next, paint between the lines with fabric paint.

With the cloth still folded in half, pin through both layers of canvas. Cut around the shoe image, leaving a ¼- to ½-inch border. Stitch the halves together ¼ inch from edge, leaving the top open. Zigzag-stitch around the border and along each top edge.

For easy hanging, stitch a loop of sturdy ribbon to the top of the back of each stocking. Finally, stuff the foot with tissue paper or a soft, space-filling gift to give the shoe a three-dimensional look.

The shoe-stockings were designed by *Sunset*'s own Christmas elf, Françoise Kirkman. ■

By Peter O. Whiteley

LUCY I. SARGEANT

Enlarge patterns onto fabric. Each square equals 2 inches.

Cheery banners indoors and outdoors

Heralding the holidays, these colorful banners greet visitors at the street, by the front door, or in the house. These contemporary versions of medieval gonfalons have a banner-shaped backing of weatherproof fiberglass screening ordinarily used in doors and windows. Our banners show a waving Santa, a Nutcracker rat, and a persimmon branch, but you can copy and enlarge any favorite image or printed message. Because the screening is almost transparent, the image seems to float in air.

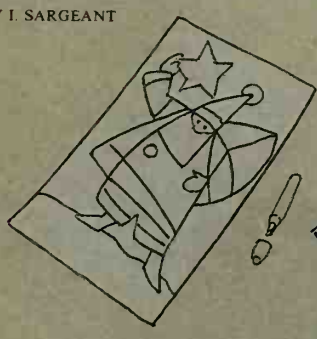
To make these banners, simply paint, cut out, and sew canvas shapes to screening. The screening is sold by the foot in 2-, 3-, and 6-foot-wide rolls (30, 40, and 90 cents per foot) at most hardware and building supply stores.

Start by drawing a full-size paper pattern, then transfer it onto off-white artist's canvas (available in craft and art supply stores) with fabric markers. Paint in the colors with acrylic or fabric paint. Iron the canvas flat (some fabric paints require heat to set them in any case). Follow the steps below to cut out and sew the fabric to the screen.

Finally, at the top and bottom of the screening, make a hem generous enough for a ½-inch-diameter dowel. The top dowel should be wider than the banner and hang from fishing line or thread. The bottom dowel, cut to the banner's width, unobtrusively keeps it hanging straight. ■

By Peter O. Whiteley

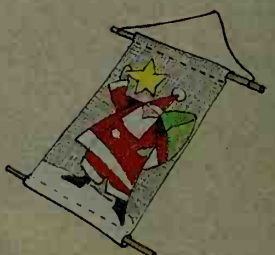
LUCY I. SARGEANT



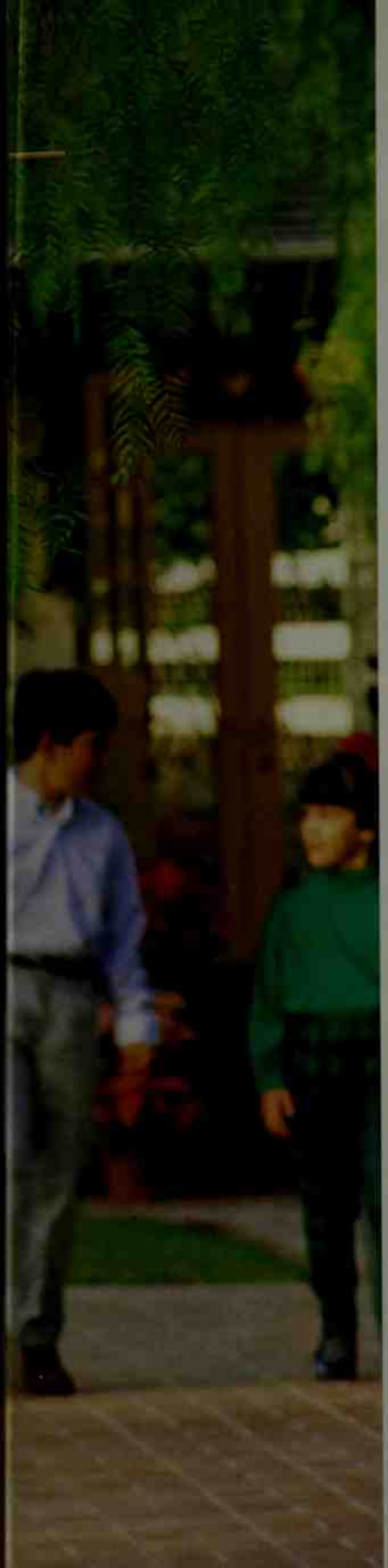
Outline and paint design on canvas.

Cut out design, leaving a ¼-inch border.

Baste on, then zigzag-stitch to screening.



Hem top and bottom; leave space for dowels.



CHAD SLATTERY

Streetside Santa (far left) waves from subtle screen that lets background show through.

Graphic persimmon branch is outlined in white.

Whimsical Nutcracker rat balances atop giant ornament that defines bottom of banner.

The main event . . . a Christmas feast, mostly from the oven

Just how easy can Christmas dinner be? Let this splendid meal be your measure. The main course is a handsome, succulent beef roast surrounded by a colorful, aromatic array of vegetables. As they roast together in the same oven, mingling meat and vegetable juices collect; these juices, enhanced by the dazzle of flaming brandy, become a memorable and exquisitely simple sauce.

What do you do while dinner cooks? Devote yourself to enjoying the day.

CHRISTMAS DINNER

Greens with Vinaigrette

Peppered Beef Rib Roast with Roasted Vegetables and Brandied Juices

Prepared Horseradish Hot Buttered Rolls

Chocolate-Chestnut Star Cake

Cabernet Sauvignon

Black Muscat Dessert Wine

Recipes for preparing the peppered beef, vegetables, and juices, and the chocolate-chestnut cake (deceptively sophisticated, as it can begin with a mix) are on page 152.

While the roast rests for carving, sit down to a salad of crisp mixed greens.

To go with the main course, dust off a mature, smooth Cabernet Sauvignon that you've been hoarding for a special occasion.

A fruity dessert wine made of black or other muscat grapes is a splendid complement to the cake. ■

By Linda Lau Anusasananan, Betsy Reynolds Bateson

Graceful centerpiece is a natural mix of fruits and nuts nested among sprays of evergreen branches.

The main event awaits: succulent seasoned beef rib roast with brandied juices and roasted vegetables.

PETER CHRISTIANSEN

DECEMBER 1992

Introducing Mercury Villager.

A minivan is a minivan is a minivan. Unless it's a Mercury. Which means when you get behind the wheel of this front-wheel-drive, V-6 powered minivan, you'll experience the smooth, quiet ride and easy handling you've come to expect from a Mercury.

But for all its car-like amenities, Villager hasn't forgotten that it's a minivan first and foremost. With plenty of room for seven passengers, and an innovative sliding rear se that requires no tools to adjust. Just a flick c switch and you can easily slide it forward to make extra room for additional cargo.

And for added security and peace of mind, Villager is the only minivan that meet

If It Were Jus It Wouldn'

leral passenger car safety standards* and comes th standard four-wheel anti-lock brakes.

There are other Mercury qualities that arate this minivan from the pack. Like ailable power moonroof, CD/cassette player d keyless entry system. For quick access to the llager cargo area, the rear window opens inde- ndent of the liftgate door.

So if you're in the market for a minivan, why settle for just another minivan? Drive the Villager. And experience a minivan that comes with a very special quality.

Mercury.

For more information, call 1 800 446-8888.

MERCURY

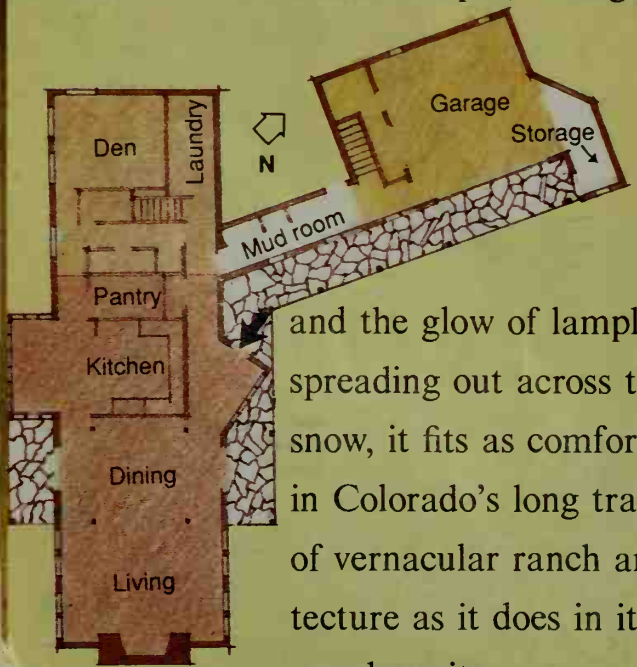
ALL THIS AND THE QUALITY OF A MERCURY

Another Minivan Be A Mercury.

A home grown on the range

INSPIRED BY COLORADO RANCHES, THIS HOUSE SUITS ITS SITE

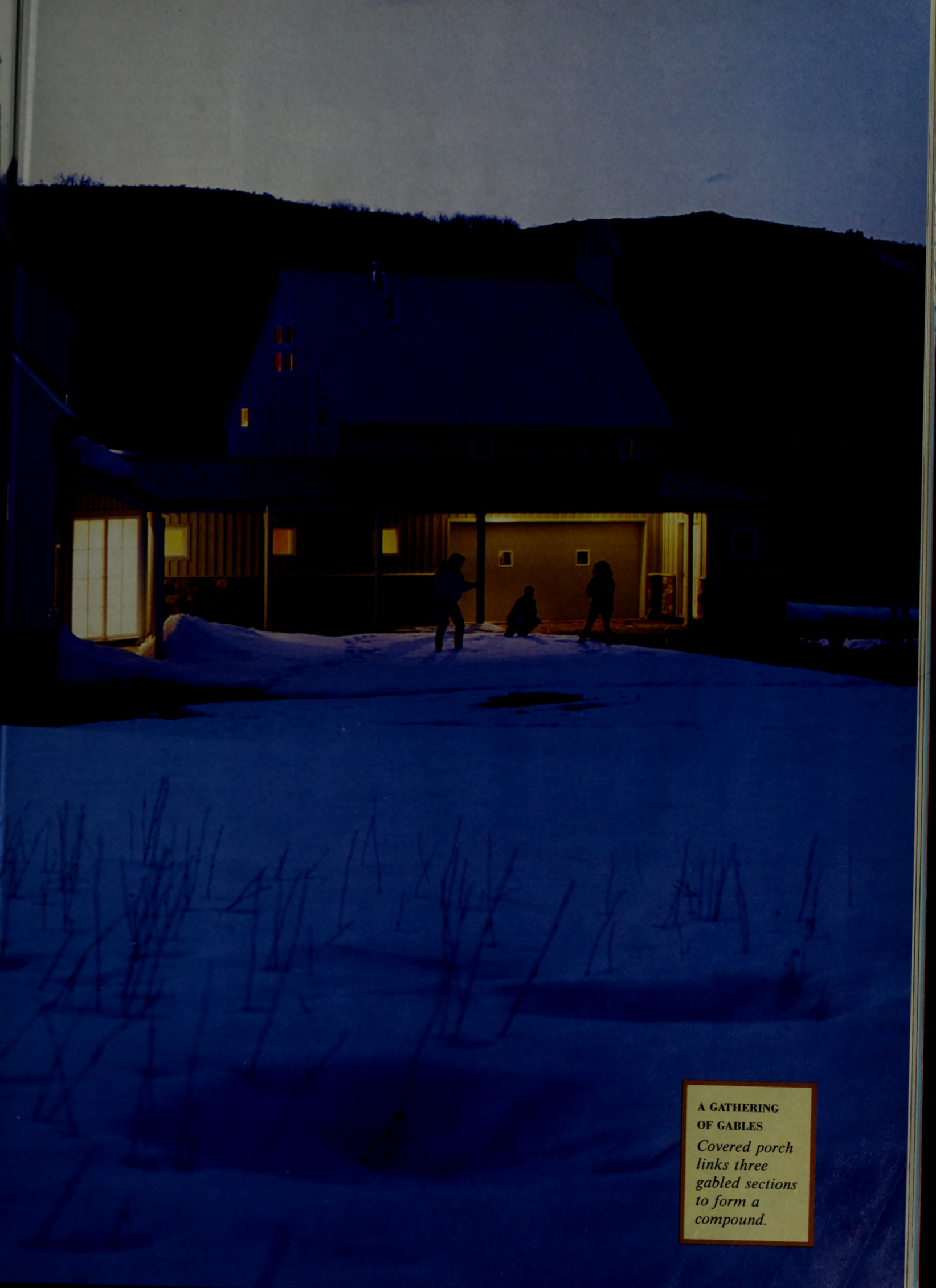
When the sun goes down, it's time to head for home. This new house set in a natural bowl near Aspen, Colorado, makes that return journey especially welcome. With barnlike shapes, a long porch, and the glow of lamplight spreading out across the snow, it fits as comfortably in Colorado's long tradition of vernacular ranch architecture as it does in its meadow site.



TINTED PLAN *shows house's three main zones.*

That's just what owners Monique and Jules Bonjour

BASIA KENTON



A GATHERING OF GABLES

Covered porch links three gabled sections to form a compound.

WIDE-OPEN WINDOW BAY *beyond kitchen peninsula brings rugged mountain landscape into the room.*

OPEN FRAME *of rough-sawed fir 6-by-6s defines dining area without enclosing it.*

BASIA KENTON

had in mind when they started looking for a place to build a vacation retreat that could someday serve as their retirement house. "When we saw the acreage, we said, 'Isn't that beautiful!' and accidentally drove right off the road," recalls Monique Bonjour. "We wanted to build a house that would fit into the land and that would look as if it had been there awhile."

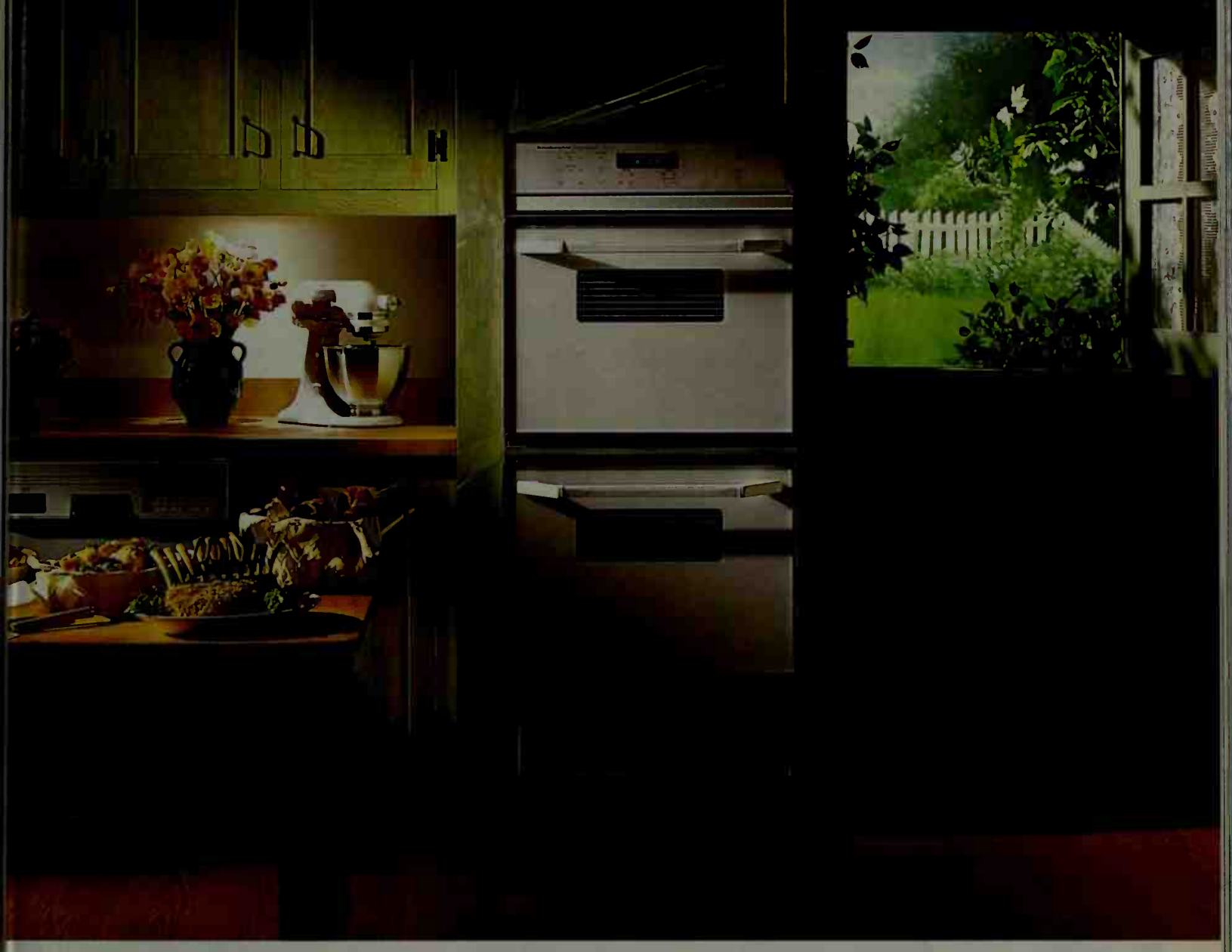
Aspen architects Cottle Graybeal Yaw took up the challenge. According to project architect Michael Doyle, the meadow site made them think of ranches in northwestern Colorado, where houses and barns have often grown into single structures after successive remodelings and expansions. They decided to design a house that looked as though it had evolved in a similar fashion, with three gabled sections connected to each other along a shed-roofed walkway.

To reinforce the house's regional feeling, the architects used natural or local materials wherever possible. Roofs are corrugated metal, commonly used on agricultural buildings. River rocks excavated from the surrounding area were split to form the chimney and a low perimeter wall. Traditional battens are used untraditionally, in a grid pattern, for visual interest.

Careful site analysis guided many of the architects' decisions. For example, they oriented the living-dining room toward a southwest view of Mount Sopris, the area's principal landmark. The driveway extends from the sunny south side of the house, where icing up is least likely. To take advantage of solar gain in winter, double-glazed windows face southeast and southwest.

Local materials were brought inside to build an immense river rock and sandstone fireplace that takes the chill off the valley's cold winters. Operable skylights and a ceiling fan are enough to cool the house in summer. ■

By Daniel P. Gregory



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Model featured: P52152ST. © 1992 Thomson Consumer Electronics, Inc.

PETER CHRISTIANSEN

Sweatshirts of seasonal sparkle and style

Clothes that let you wear your glad tidings on your sleeve

FESTIVE SWEATSHIRTS, decorated with stenciled messages or hand-drawn necklaces, make great cold-weather projects and holiday gifts. You start with a plain crewneck and add colors with glittery, metallic, or solid-color fabric paint, all of which are sold in 1-ounce squeeze bottles (about $2) at many craft and hobby stores.

SAY IT WITH STENCILS

For a bold holiday look, outfit your entire family in red or white sweatshirts stenciled with big ho-ho-ho's. You'll need oversize letter stencils (from a stationery store), red or white fabric paint, and a stencil brush.

Prewash and dry each sweatshirt, then slip a sheet of foil-wrapped cardboard inside the shirt. Position the H and O at an angle on the front and tape them in place. Instead of squeezing the paint directly onto the fabric, pour it onto a paper plate, then blot it onto the fabric with the stencil brush. Remove the stencils and let the paint dry.

STRINGS OF BEADS *sparkle on this dressy sweatshirt. Apply paint (above) to your own predrawn design.*

AN ELEGANT WARM-UP

For a dressier look, adorn a black sweatshirt with a glittery necklace of gold, silver, brass, and copper paint. Choose paint with metallic sparkles mixed in. Invent your own beaded necklace or layers of necklaces. First, draw them freehand with chalk, then squeeze the paint from the bottle. Don't forget to continue the necklaces onto the back, where you can draw a clasp. For dimension, we sewed a strand of real ribbon to the front of the necklace. ■

By Peter O. Whiteley

SANTA'S LAUGH *was stenciled onto these sweatshirts.*

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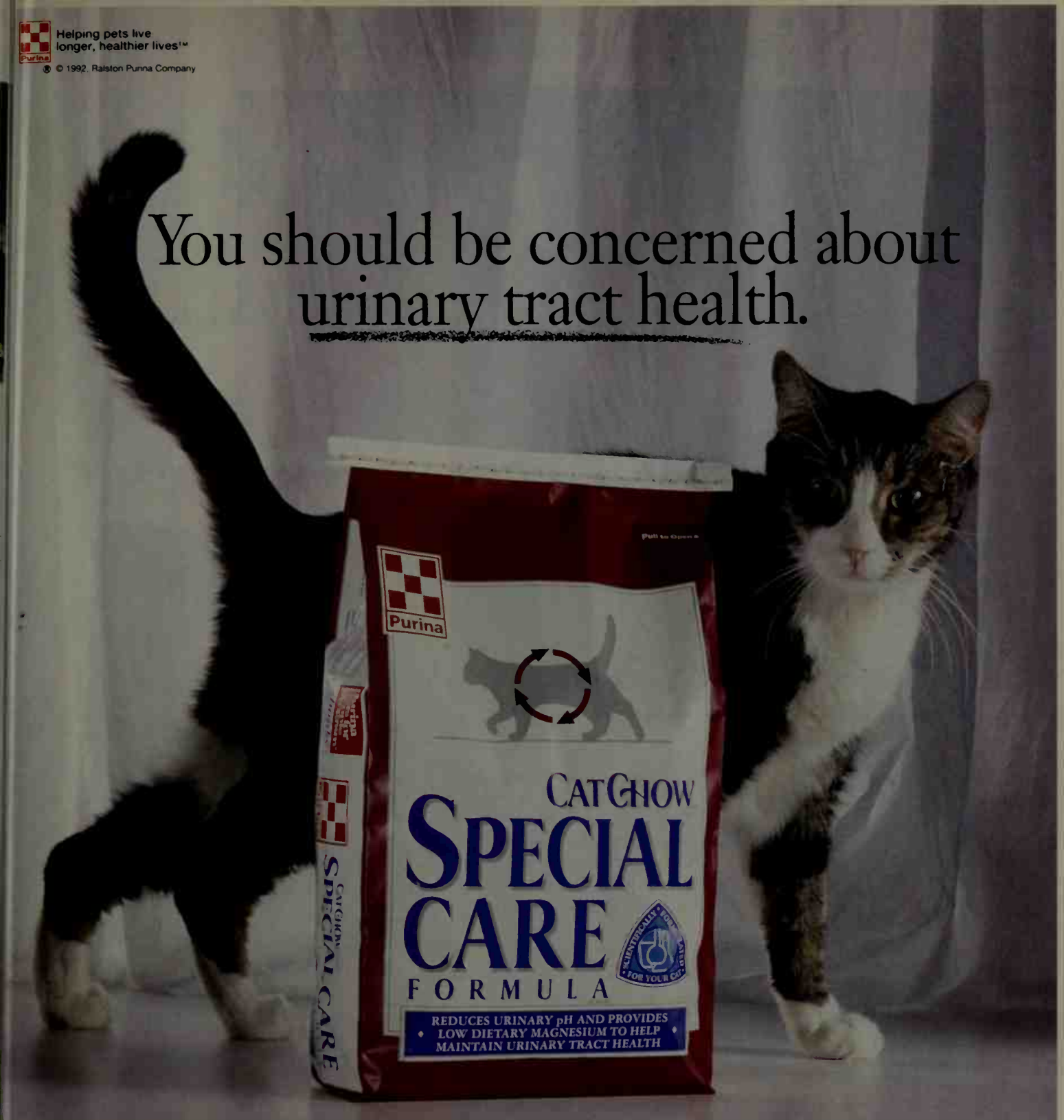
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PETER CHRISTIANSEN

WOODEN TRIANGLES, *a square, and a rhombus make a big square.*

Make your own wooden puzzles

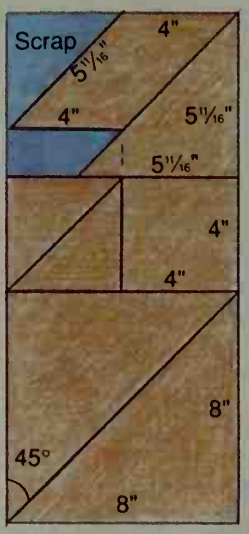
The solutions to these classic brainteasers are bafflingly simple

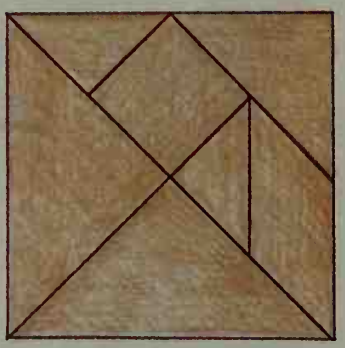
TWO CLASSIC PUZZLES challenge you to arrange their geometric parts into a square or a capital T. They look easy to make but require careful planning and straight and accurate cuts.

Although similar puzzles are usually smaller, we made these a little oversize: the square has 11 5/16-inch sides, and the T is 10 inches tall. For durability and appearance, we made our puzzles from pieces of hardwood (maple and cherry), but you can use any type of wood. You'll need 2 feet of 1-by-4 for the T and the same amount of 1-by-10 stock for the square.

If you don't have a table saw, ask your lumberyard to rip the 1-by-4 to 3 inches in width and the 1-by-10 to 8 inches. From these, you can cut the puzzle pieces with a jigsaw or a handsaw. You'll also need a sanding block, medium- and fine-grade sandpaper, a metal ruler, and a pencil. Sand and seal with paste wax. ■

By Peter O. Whiteley



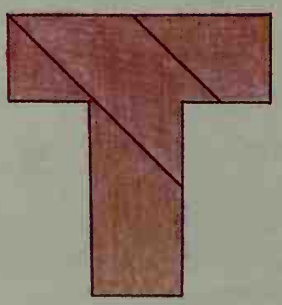


THE SQUARE

Make a full-size paper pattern, cut out paper shapes, and then, to allow for saw kerf, trace and cut out shapes one at a time.

THE CAPITAL T

Four pieces, cut from 3-inch-wide board, make the T. Make paper pattern, trace as described above, and cut. The diagonal piece with notch is key to assembly. All pieces have 45° angles.



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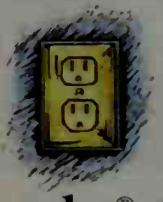

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DOUG WILSON

MODEL LOCOMOTIVE *chugs through painted scenery behind and alongside track on shelf near ceiling in child's room.*

This little engine baby-sits

An electric train circles the room

"IT'S THE BEST baby-sitter we've found," say Lynne and Brian Bielaski of Bellevue, Washington. They're describing the three-car G-gauge model train that circles year-old Brice's room on a high shelf lined with plywood desert, forest, farm, and city. Inspiration for the round-the-room train came from Disneyland's round-the-park version.

ELEVATING A TRAIN

The train runs on a 12-inch-deep shelf cut from ¾-inch plywood. To allow the track to turn, the shelf widens and angles across the room's corners.

For easiest installation, build the shelf and paint it before mounting. Mask its front edge (and the track) with 1-by-2s turned on edge; glue and nail them flush with the bottom of the shelf. Next, attach 1-by-2s, on edge, to the studs with 2-inch wood-screws; position the 1-by-2s so the shelf can be screwed into their undersides.

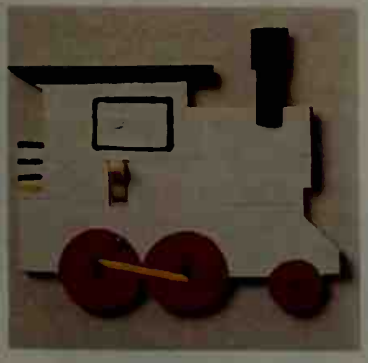
Using a scroll saw, Brian Bielaski cut a city skyline, desert bluffs, and a forest from ¼-inch birch plywood. After painting them with acrylic paints, he screwed them to the wall above the shelf with ¾-inch drywall screws.

At the room's corners, Bielaski tacked the train track to the top of the shelf with a glue gun. He then cut trees and cactus from ¾-inch MDF (medium-density fiberboard), painted this freestanding scenery, and glued it in place.

For an unusual night-light, the Bielaskis positioned a string of 100 small white Christmas lights behind the track. The transformer for the train and the switch for these lights were mounted inside a closet. ■

By Jena MacPherson

FARM AND GAS STATION *line train's route; an engine cut from plywood decorates the room's light switch.*



NORMAN A. PLATE

IF IT MOVES, SHINES, OR MAKES NOISE, *your battery-operated gadget is a good candidate for rechargeable cells. Chargers come in different sizes, plug into a 110-volt wall outlet to draw electricity. Spares can wait ready in their chargers.*

The answers for power-hungry toys and gadgets

Rechargeable batteries cost less now and hold a charge longer

FROM AA TO 9-VOLT, the right batteries can be made as powerful as new in a couple of hours by using the rechargers shown above. And they can be recharged hundreds of times.

'Tis the season when thoughts turn to all those new gift gadgets stashed under the tree: the ones that move, make noise, think, flash—and devour batteries. So thoughts will also turn to the five most common batteries—AA, AAA, C, D, and 9-volt—that feed them.

This year, stuff those toys with a renewable feast of rechargeable batteries (but charge them first). Rechargeables are a lot better than they used to be—prices and recharge times are down, and the cells hold a charge longer. It's no trick getting used to rechargeables; cordless phones, plug-in flashlights, laptop computers, and camcorders all use the same kind of nickel-cadmium (ni-cad) power packs.

Ni-cads are great for devices that use a lot of juice—music players, flash units, toys. They're generally not as well suited for remote controls, garage door openers, or other devices that don't draw much power or are infrequently used. Products that should not be powered by rechargeables, like smoke detectors, usually say so on their packaging or instruction sheets.

Look for ni-cads and rechargers at drug, discount, or department stores. Prices vary widely: battery chargers cost from $10 to $30; batteries cost from $5 to $10 or more per pair—about twice what disposable alkaline cells cost. But after the fifth or sixth recharge, ni-cad cells are practically free, except for the few pennies or so of electricity used to recharge a pair.

Recharging used to take a day. Now, typically, AAs, AAAs, Cs, and Ds can be recharged in 2 to 5 hours; 9-volts can take longer, depending on the charger you're using. The most popular battery size, AA, can be bought with small quick chargers that will recharge a pair in an hour.

Larger chargers hold up to eight batteries; most can reenergize different-size batteries at the same time. Some chargers have a light that tells you when a charge is complete. With most new units, it doesn't harm the batteries to keep them in the charger. It's natural for the batteries to get a little warm as they charge.

Rechargeable batteries don't last as long per charge as disposable cells (figure about a third as long), but their life spans are, conservatively, a hundred times longer. And rechargeable cells don't fade; they maintain peak power, then give out.

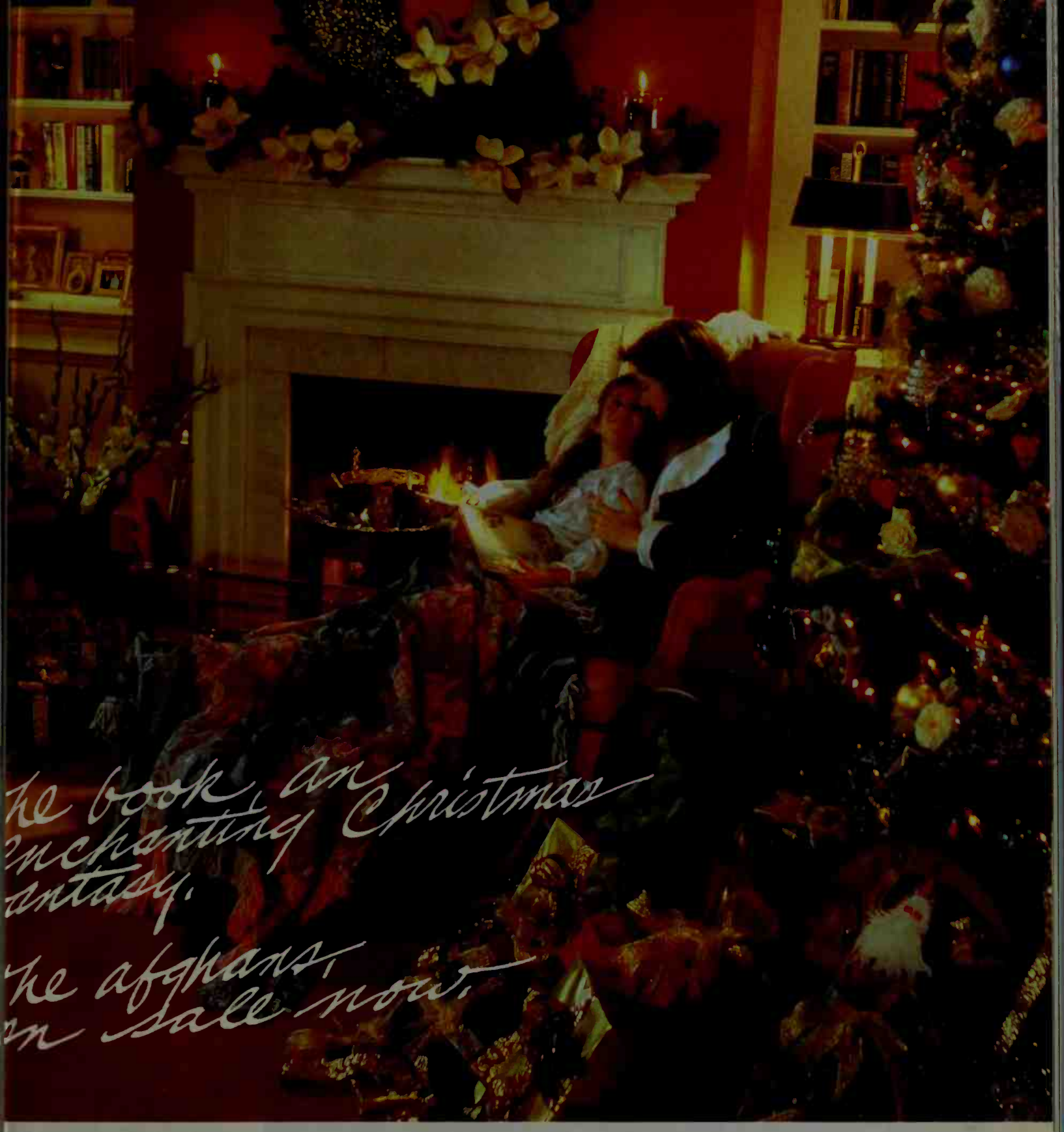
Try not to mix new and old batteries; charging old and new together can reduce the life of the new ones. It's best to keep like-aged sets together. And never use ni-cads with disposables: you'll not only destroy the rechargeable but also risk an explosion.

Ideally, match battery brands to their chargers and don't mix brands. Chargers are calibrated to their batteries at different rates and levels. Quick chargers can reduce the lifespan of batteries not designed to be so charged.

Some ni-cad battery manufacturers offer replacement warranties, so you can send the spent cells back and get fresh ones in return.

Because ni-cad batteries contain cadmium, a heavy metal, they do raise questions about proper disposal. Some communities want cadmium-bearing batteries disposed of separately from other waste. Check with your waste hauler to see if such batteries should be handled differently. ■

By Bill Crosby



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NORMAN A. PLATE

ELABORATE FLOORCLOTH *was painted by artist Françoise Kirkman. Gessoed marine canvas was painted with acrylics, then protected with clear mat polyurethane.*

Play roads: creative license required

RACE CAR DRIVERS, police officers, wrecker operators, pilots: whatever they imagine themselves to be, children (particularly boys, despite the best efforts of stereotype-sensitive parents) love pushing little vehicles around pretend streetscapes.

Manufacturers of everything from bed linens to building bricks are more than happy to fuel this innocuous fantasy (wouldn't you rather your kids thought they were tractor drivers than Ninja Turtles?). We have seen streetscapes represented on sheets and comforters, rugs and carpeting, bolts of fabric, and vinyl mats. Lego sells baseplates with road sections incorporated into their dot patterns.

Of course, you can also do the roadwork yourself. Two examples of homemade streetscapes are shown here for inspiration.

The artful floorcloth above should appeal to those with time on their hands (and skillful hands). Less artistic types might leave out the cows, carousel, and canoes; the technique itself is easy to master.

A more modest interpretation is shown at left. Simple buildings sit unsecured on a painted tabletop edged with 1-by-3s that rise slightly above its surface to keep cars from driving off the end of the earth. Diagonal leg braces screwed to the inside of the edge pieces support the plywood tabletop, which merely wedges into place, allowing it to be lifted out and flipped to a plain surface. ■

By Bill Crosby

TABLETOP TOWN *was built for Nathanial by dad Steven Schoonover in Chico, California. Plywood top rests in 1-by-3 frame.*

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PETER CHRISTIANSEN

The envelope is the gift

These simple, festive wraps will brighten any holiday message

FOUR STRAIGHT FOLDS and you're done. It's almost that simple to make two styles of card wraps that do away with standard envelopes. Instead, your seasonal greetings will resemble small, flat presents that are wrapped in colorful paper with curved or angled edges.

Both wraps start with paper from art supply or stationery stores. Choose from a wide variety of paper in 20- by 30-inch sheets, tablets of construction paper, or colored 8½- by 11-inch writing paper. For ease of folding, use sheets no thicker than construction paper. The angle-sided card wrap below encloses a 4½- by 6¼-inch rectangle of postcard-weight paper, upon which you can mount a photograph or write a message. Make traceable patterns for the lazy X or pinwheel wrap from a large sheet of three-ply or heavy paper.

Other materials include a craft knife to cut the paper, a pencil to make crisp folds, and adhesive-backed stickers to close envelopes. You'll also need a ruler and a compass to make the curving-edge wraps.

Envelopes were designed by Françoise Kirkman. ■

By Peter O. Whiteley

CUT-AND-FOLDED SPIRAL WRAPS

TUCK OVERLAPPING *semicircles as you would lock the flaps of a cardboard box. Patterns feature 4¼- or 5-inch squares with semicircles at edges. Use different colored papers for contrast. For the lazy X, lay one full pattern on top of a square with two semicircles at opposite sides. For the pinwheel shape, lay two full patterns on each other, and trim the edges of the outer semicircles.*

NEW SLANTS ON THE STANDARD SHEET OF PAPER

CENTER AND ANGLE *greeting across piece of paper. Fold sides.*

FOLD UP AT BASE, *then down from top. Rub flat with a pencil.*

SEAL WITH STICKERS, *tape, or a touch of glue to finish wrap.*

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And room to grow. VW *That's why the new mid-sized Volkswagen EuroVan is the best of both worlds. A spacious 201* cubic foot interior that's bigger than any minivan on the market today—even the extended ones; yet EuroVan's only two inches longer than the Honda Accord so it's easy to drive. Inside, there's 54 inches from floor to ceiling. So seven adult-sized people can sit in*

PLAY ROOM.

adult-sized seats. (Most minivan seats are better suited for mini-people.) VW *There's our "Broad Torque" 5-cylinder engine that produces peak power at only 2200 rpm. So you can tow a big boat up a long hill.** * *Or take 7/9ths of the softball team to the company picnic.* VW *Remove the seats and all kinds of cargo can go. Take your motorcycle to the mountains. Or your mountain*

LIVING ROOM

bikes to the bike path. VW *Afraid to drive a van? Fear not. The front-wheel drive EuroVan is easy to drive. There are large windows and mirrors so it's easy to see.* VW *And a narrow turning circle so it's easy to park. Front torsion bars*

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and four-wheel independent suspension give you a connected-to-the-road confidence known as Fahrvergnügen.* And since most families have more than one car, we made more than one EuroVan. (Optimism?) There's the CL, the GL, and the unique MV. For the complete picture, see the free video offer on the following page. Save money and see Europe. Ask about our European delivery program. **Call 1-800-444-8987.**

*195 cubic feet with rear air conditioning

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EuroVan MV with optional Weekender package.

AND SOMETHING

Make the popcorn. Dim the lights. Stretch out your legs. And experience the new EuroVan? Not quite. *But for an entertaining, informative, and best of all FREE video and brochure on the new Volkswagen EuroVan, simply fill out the coupon and drop it in the mail.* For faster

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EuroVan GL

NORMAN A. PLATE

MORE THAN JUST *an attractive bookcase, this roomwide, stepped-down storage wall has a secret door.*

Secret door in the bookcase

FANS OF NANCY DREW and the Hardy Boys might recognize an element of this family room addition. In this case, the classic secret door solved a real design dilemma.

A secondary door to the master bedroom was too handy to lose, but it would have taken space away from the planned library wall. Now, the door is built into the roomwide bookcase.

Door-mounted shelves are offset just enough to clear adjacent shelves as the door swings open. Precise clearance also helps to disguise the evidence of a portal: the trim by the door jamb is beveled to make the seam fit tight when the door is closed.

Architect: Maria Ogrydziak for Katy and Winston Ko of Davis, California. ■

By Bill Crosby

New Cross Medalist ball-point pen.

Give any 4 Cross pens or pencils, and we'll send you one free.

From precious metals to fashion colors, Cross fine-quality writing instruments are available in such a wide range of prices that they make the perfect gift for everyone on your list, from your boss to your neighborhood paperboy. And through December 31st, when you buy 4 Cross pens or pencils, we'll send you a new Cross Medalist ball-point pen free. (Offer may vary, see participating retailers for details.)

Suggested retail prices from $15.50 to $1,000.

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PETER CHRISTIANSEN

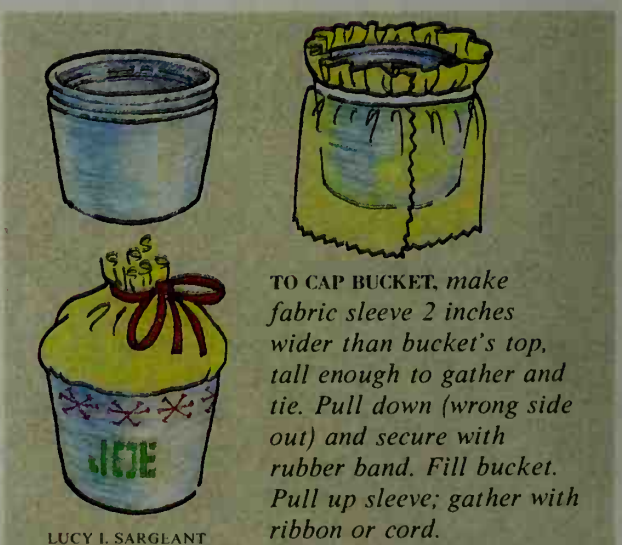
Personalized wraps for Santa's pack

UTILITARIAN WHITE boxes are hardly glamorous wrapping materials, but try thinking of them as blank canvases for artful holiday collages. With color, glued-on material, handwritten messages—and imagination—you can transform them into personalized packages for gifts. It's also a way to involve junior members of your family in the holiday preparations.

You can find unadorned boxes and containers of all sizes and shapes: take-out boxes (from delicatessens and restaurant supply stores), candy and cake boxes (from pastry supply stores), paper paint buckets (from paint or hardware stores), and odd-size boxes (from gift, paper supply, and party stores).

Use a wide-ranging palette of decorative materials. Felt markers, paint, construction paper, stencils, fabric scraps, stamps, ribbons, wire, buttons, beads, leaves, children's drawings, and cut-up snapshots decorate the packages in our photograph. You'll also need craft glue, tape, scissors, a craft knife, pinking shears, a punch, and a stapler. Use an inner lining of colored tissue paper to nestle the gift. ■

By Peter O. Whiteley



LUCY I. SARGEANT

TO CAP BUCKET, *make fabric sleeve 2 inches wider than bucket's top, tall enough to gather and tie. Pull down (wrong side out) and secure with rubber band. Fill bucket. Pull up sleeve; gather with ribbon or cord.*

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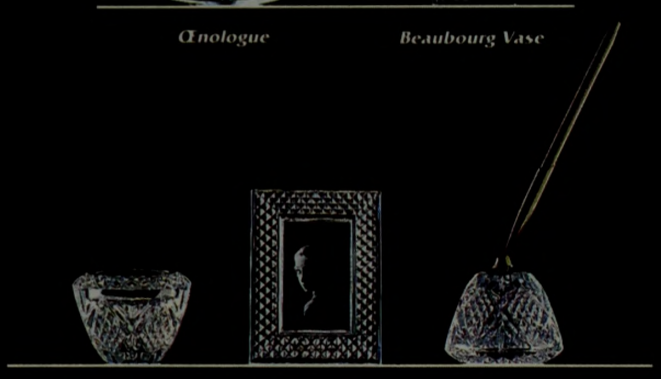
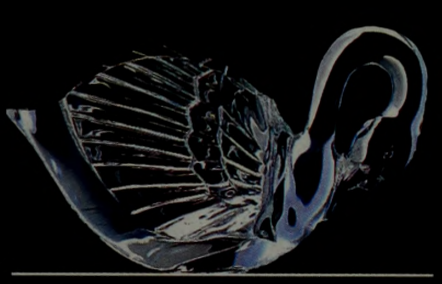
ADDS BEAUTY TO EVERYTHING IT TOUCHES.

Œnologue *Beaubourg Vase*



Fontenay : Candleholder *Picture Frame* *Pen-Holder*



Swan Vase

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Amana Presents An Electric Cooktop That's An Instant Turn-On.

Two of the heating elements on our InstaGlow™ cooktop have a distinct and unusual glow to them. That's because they're not ordinary heating elements, but quartz halogen burners.

Circular vacuum-sealed quartz glass tubes are filled with halogen gas so they provide virtually instantaneous light and heat the moment you turn them on. No wonder it was praised recently by a leading consumer magazine.

Of course, the two other electric heating elements on our InstaGlow cooktop are no less brilliant. The unique star-shaped design of the smaller element heats up quicker than earlier smoothtop cooking systems. While the larger features a dual element, giving you the option of cooking across part or all of the burner. What's more, our halogen cooking system is available in a range model with the convenience of a self-cleaning oven.

To find out more about all the advantages of cooking with light, call us at **1-800-843-0304**.

Or better still, stop by your nearest authorized Amana retailer. Because just one look at our InstaGlow cooking systems, and we're convinced you'll be sold on them—instantly.

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Packing for a fragile planet

Try one of these environmentally sound alternatives

SHIPPING GIFTS FOR the holidays? Then you'll have to face packing, and the uneasy feeling that all those little polystyrene packing macaroni will, sooner or later, wind up as permanent fluff in landfills or flotsam in oceans.

Do the right thing. Go with something that biodegrades more quickly. Something that ultimately can be digested by your compost pile and eaten by your garden, or thrown down as mulch or winter bird feed. We've found four good choices.

While two—excelsior and popcorn—are familiar options, you may never have heard of the new ones: both are starch-based macaroni that have a much shorter half-life than their polystyrene counterparts.

CHANGE THE FLAVOR OF YOUR MACARONI

The vegetable starch–based tubes became widely available only a couple of years ago. One (Eco-Foam) is based on cornstarch, the other (Renature) on potato and other vegetable starches. At first glance, they look like polystyrene, but when you drop them in water they quickly dissolve.

Because they're water-soluble, the starch-based material shouldn't go into boxes that might get soaked, or at least not without the protection of a plastic box liner. The materials seem to tolerate high humidity, however, with impunity.

POPPED PACKING

One of the most convenient packing materials is popcorn. Buy it at any supermarket, pop up as much as you need for packing, and string the rest on your Christmas tree.

The pure white type of popcorn is the most attractive for packing. Pop it in an air popper or microwave oven, and use it dry.

Popcorn's principal disadvantage is that it can break into little pieces. That isn't a problem with easy-to-clean objects, but the pieces could get stuck in the nooks and crannies of more complicated things. Popcorn oil can also stain fabric and paper.

SHREDDED WOOD

Excelsior—long, thin wood shavings—was once the packing material of choice, but it's been largely replaced by polystyrene. As the bad press on plastic continues, excelsior is becoming popular again.

Because excelsior is slow to compost, you might prefer to use it as mulch on shrub beds, reuse it in home decorating, or put it to work as kindling.

WHERE TO BUY THEM

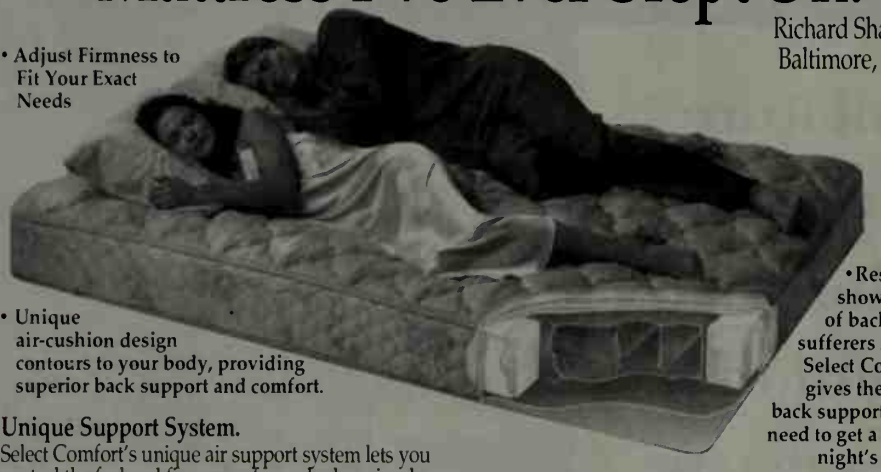
Packing material distributors (look under Packaging Materials in the yellow pages) are the best sources for both excelsior and starch-based materials. Also, import and crafts stores often sell excelsior.

Manufacturers don't sell direct to consumers, but they can tell you whether there's a distributor in your area. Eco-Foam is made by American Excelsior Company, at (510) 656-6697. Renature is from Storopack, Inc., at (800) 829-1491. ■

By Jim McCausland

"By Far The Most Comfortable Mattress I've Ever Slept On!"

Richard Shafer, Baltimore, MD



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• Unique air-cushion design contours to your body, providing superior back support and comfort.

• Research shows 94% of back pain sufferers report Select Comfort gives them the back support they need to get a better night's sleep.

Unique Support System.
Select Comfort's unique air support system lets you control the feel and firmness of your bed — simply by pushing a button. Your mattress can be firmer than the firmest innerspring or softer than the softest featherbed...helping you sleep more comfortably, reducing back pain and muscle aches, and providing true support. Change the firmness whenever you like to meet your exact preference.

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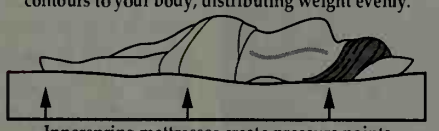
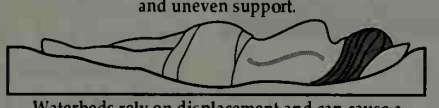
Your Select Comfort conforms to your body's natural shape so your back muscles don't strain to hold your spine straight. Because air support is the closest thing to floating, you'll wake up rested and ready for the day.

Discover why 96% of Select Comfort users recommend it to family and friends.
"I am a doctor and often come home exhausted: This mattress is the most comfortable I've tried."
Dr. Connie Horn, M.D. Clarksville, Ohio.

Select Comfort provides proper back support and contours to your body, distributing weight evenly.



Innerspring mattresses create pressure points and uneven support.



Waterbeds rely on displacement and can cause a "hammock effect," bending your spine unnaturally.

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PETER CHRISTIANSEN

Miniature villages . . . a Moravian tradition

We found them under many Western Christmas trees

OUR REQUEST FOR photos and descriptions of miniature villages you assemble for the holidays brought an overwhelming response. These *putzes,* as they're known in Moravian tradition, have become a major part of many Western families' holiday observances.

Here, we show two villages culled from the scores of letters we received. One features a plaster-covered base that allows for quick assembly. The other changes from year to year, allowing for greater flexibility as the collection of buildings and figurines expands. Both take into account electrification.

We chose these examples because they address the two ways you can set up your displays—freestanding or tucked under the tree.

Shown in the picture above is Phil Kardys's display in Mountain View, California. Bedrock for his village is a 4-foot square of ½-inch plywood; the plaster-covered wire terrain rises to camouflage all but the top of a permanently attached reservoir tree stand. Wiring for building lights and an electric train track snakes beneath the plywood. A plug strip for tree lights is built in along the rear edge of the stand.

Since all wiring is part of the base, erecting the village involves just putting the tree in the stand, placing the houses over the exposed light bulbs, then setting up all the other accompanying figurines.

At left, you see Philip Wayne's display in North Hollywood. For him, the process is the joy. As he says, the display "takes a few weeks of love to assemble." His tabletop village uses a variety of stands to set the structures at varying levels. Wiring for lights and the prerequisite electric train follow. Then all is camouflaged with faux snow, greens, and a paper skirting crumpled and painted to simulate rock. ■

By Bill Crosby

RESERVOIR TREE STAND *rises like a volcano at center of 4- by 4-foot plywood base. Plaster-covered screen forms stand-hiding, snow-covered terrain. Strategically placed lights illuminate buildings.*

ELABORATE TABLETOP DISPLAY *uses a variety of stands—including the boxes collections are stored in—to position buildings for display. White-painted backdrop is the only year-to-year constant. Wiring is snaked under display, which is finished with synthetic snow and a "rock" skirting.*

We all *know* the best NEW YEAR'S RESOLUTIONS are the ones you *can* keep.

WITH THE COMING OF THE NEW YEAR, many of us resolve to go in search of new and better ways to improve our daily lives.

Some decide to spend more time with the family. Others, to exercise a little more. But of all the resolutions you could make, none may be as challenging as finding a way to increase your spendable income.

For in these times of economic uncertainty (when short-term interest rates have fallen), you need an investment that can increase your after-tax income and still provide you with an acceptable level of security. An investment not unlike the Tax-Free* Open-End Value Funds from John Nuveen & Co. Incorporated.

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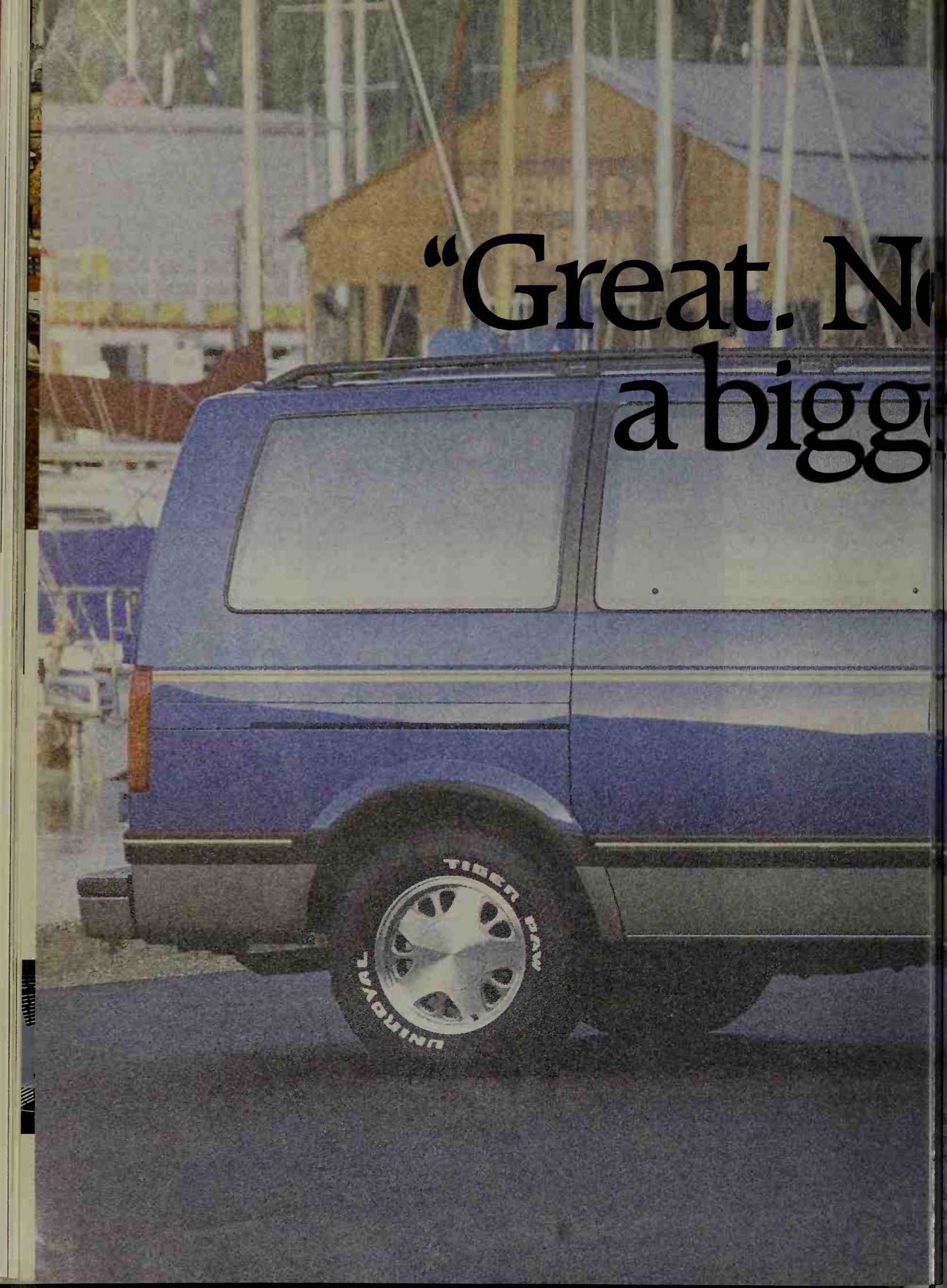
"Great. N
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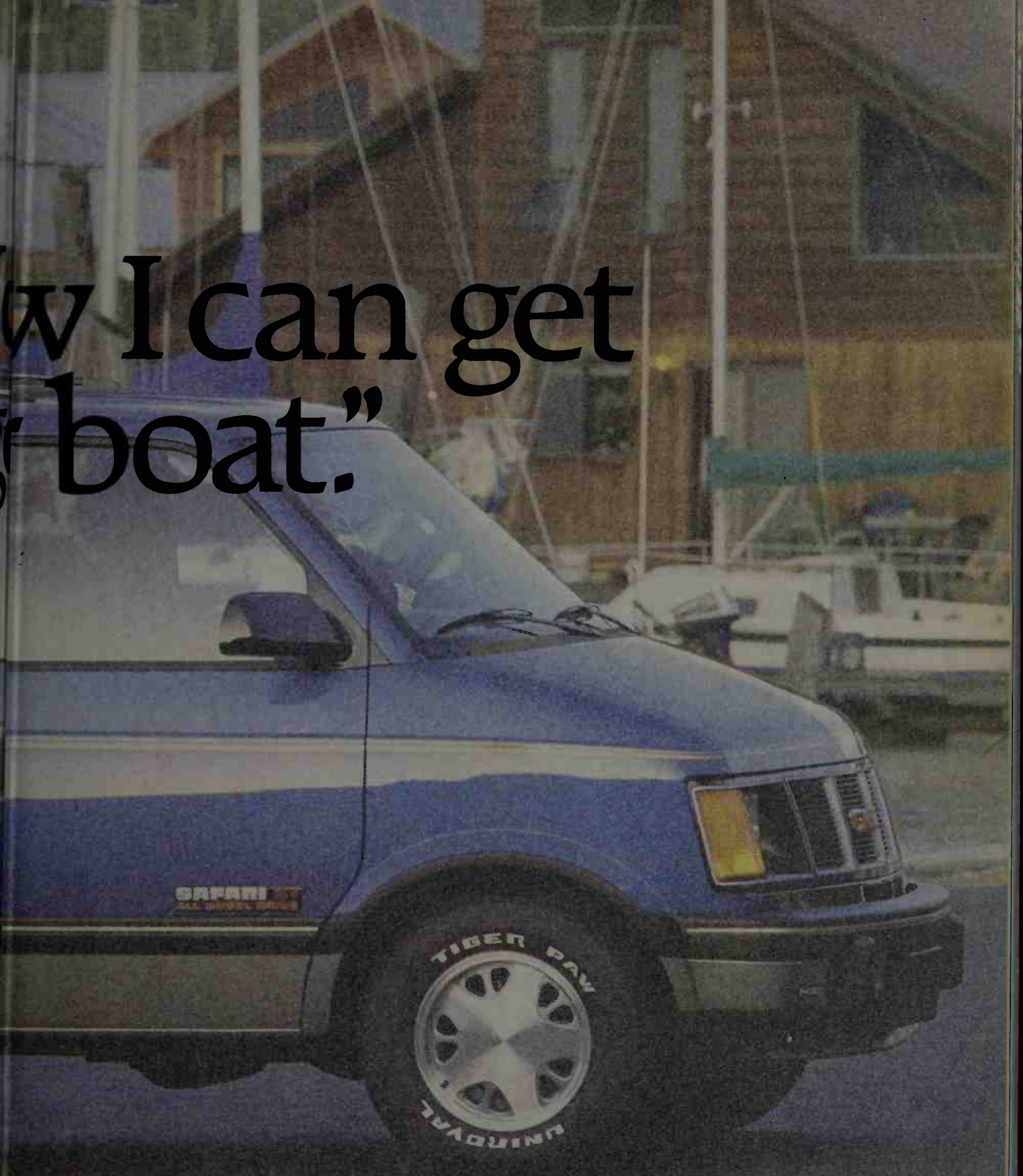
TIGER PAW
UNIROYAL



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Buckle up, America!

December Menus

QUICK, SEASONAL, BUDGET-WISE . . . FOR FAMILY AND FRIENDS

Seasonal excitements inevitably make this month one of the year's busiest. Holidays, school breaks, frenzied shopping, travel plans, and special meals all compete for our time.

Hearty meals featuring robust flavors and plenty of make-ahead steps are not only appealing, they're essential. Take a warm break on a snow hike with an easy-to-carry meal of hot sausage and vegetable sandwiches. Turn meat from leftover roasts into tempting hash. And be ready for drop-in guests with flaky fila-wrapped chicken packets to bake.

SNOW PICNIC AT THE LAKE (at right)
Roasted sausage-vegetable sandwiches get warmer with tomato sauce from thermos. Bring cheese, fruit, cookies, too.

ONE-PAN HASH BREAKFAST (page 128)
Leftover meats from holiday gatherings star with potatoes, onions, parsley, and eggs in this flavorful breakfast hash.

IMPROMPTU COMPANY DINNER (page 131)
Make-ahead chicken breasts baked in fila packets are an elegant entrée for spur-of-the-moment entertaining.

THE DETAILS

Picnic Carriers

Carry foods comfortably in backpacks or fanny packs. Many have insulated pockets.

Sandwich Insulator

To keep sandwiches warm, wrap in foil, then newspaper and soft insulated bags.

Food Holders

Thermos keeps sauce hot; rigid containers protect fruit, cookies while hiking.

Beverage Caddies

Boxed drinks, bota, or insulated holder help simplify beverage transport.

PETER CHRISTIANSEN

SNOW PICNIC AT THE LAKE

Italian Sausage and Vegetable Sandwiches with Tomato-Porcini Sauce

Tiny Bonbel Cheeses

Red and Green Grapes and Apples

Zinfandel

Boxed Fruit Juices

Giant Cookies

Up to three days before outing, make sauce. The day before, roast sausage and vegetables. Reheat and assemble sandwiches just before you depart.

Bake or buy cookies that are 4 or 5 inches wide.

Italian Sausage and Vegetable Sandwiches with Tomato-Porcini Sauce

- 4 (about 1 lb. total) mild Italian sausages
- 2 large (about 1½ lb. total) onions, cut into eighths
- 2 large (about 1¼ lb. total) yellow or red bell peppers, stemmed, seeded, and cut into 1-inch pieces
- 4 sourdough French rolls (each about 3 by 5 in.)
- Tomato-porcini sauce (recipe follows)

Place sausages, onions, and peppers in a 12- by 17-inch pan; pierce meat all over. Bake in a 425° oven until vegetables' edges look almost charred but aren't burned, about 1 hour; stir occasionally. Use hot, or cool, cover, and chill up to 1 day. Reheat in a 350° oven for about 10 minutes.

Cut ½ inch off top of each roll. Pull bread from roll base and top to make a shell ¼ inch thick; reserve scraps for another use.

Set roll pieces, cut sides up, on a 12- by 15-inch baking sheet. Bake in a 400° oven until golden, 10 to 12 minutes. Place 1 sausage and ¼ of the vegetables in each roll. Top with roll lid.

If transporting, seal each roll in foil, then wrap in several thicknesses of newspaper to insulate; tie securely and carry in an insulated pack. Serve within 2 hours.

At picnic, untie packets. Spoon sauce into the sandwiches. Serves 4.

Per serving: 713 cal. (56 percent from fat); 24 g protein; 44 g fat (14 g sat.); 54 g carbo.; 1,166 mg sodium; 88 mg chol.

Tomato-porcini sauce. In a small bowl, soak ½ ounce **dried porcini mushrooms** (about ½ cup) in 1 cup hot **water** until soft, about 20 minutes. Lift mushrooms from water and squeeze dry; chop finely and set aside. Without disturbing sediment in bottom of bowl, pour soaking liquid into a measuring cup. Discard remainder.

In a 3- to 4-quart pan on medium-high heat, cook ¼ pound finely chopped **pancetta** or bacon until brown and crisp, about 5 minutes; stir often. Finely chop 1 small **onion** (about ¼ lb.), 1 small **carrot** (2 to 3 oz.), and 1 large (about 12-in.-long) stalk **celery;** add to pan. Stir in 1 clove minced **garlic** and 2 tablespoons minced **parsley.**

Stir often until vegetables begin to brown, about 5 minutes. Add 1 can (8 oz.) **chopped** or puréed **tomatoes,** 1 cup **regular-strength beef broth,** the chopped mushrooms, and reserved soaking liquid. Bring to a boil; simmer, uncovered, until sauce is reduced to 2 cups, 10 to 15 minutes. If making ahead, cool, cover, and chill up to 3 days; reheat to use. Add **salt** to taste.

To pack, pour sauce into a preheated wide-mouth 1-pint to 1-quart thermos (sauce keeps hot up to 2 hours).

Per tablespoon: 25 cal. (72 percent from fat); 0.5 g protein; 2 g fat (0.8 g sat.); 1.2 g carbo.; 38 mg sodium; 2.4 mg chol.

PETER CHRISTIANSEN

PAN-BROWNED BITS *of meat, potatoes, and onions make savory hash; serve with pineapple and English muffins.*

ONE-PAN HASH BREAKFAST

Holiday Hash

Toasted English Muffins

Pineapple Wedges with Warm Cranberry Coulis

Sparkling Cranapple Cider

While hash ingredients are browning, cut up the pineapple and heat the cranberry sauce. Be sure to offer some of the sauce with the hash, too.

Holiday Hash

- 3 tablespoons butter or margarine
- 2 pounds russet potatoes, peeled and diced
- 1 large (about ½ lb.) onion, chopped
- ½ pound *each* cooked ham and roast beef (or all of 1 kind), finely diced
- ¼ cup minced parsley
- 3 large eggs, slightly beaten
- Freshly ground pepper
- Parsley sprigs
- Salt

In a 12- to 14-inch nonstick frying pan on medium-high heat, melt 2 tablespoons butter. Add potatoes; stir often until golden brown, 20 to 25 minutes. Remove from pan and set aside.

To pan, add remaining butter, onion, meats, and minced parsley. Stir often until onion and meats begin to brown, 10 to 12 minutes.

Return the potatoes to the pan; stir to heat, about 2 minutes. Add the eggs, and stir just until eggs are softly set, 1½ to 2 minutes. Sprinkle with pepper.

Serve hash from frying pan, garnished with parsley sprigs; add salt to taste. Makes 6 servings.—*Gail A. Reiss, Mendocino, California*

Per serving: 351 cal. (38 percent from fat); 26 g protein; 15 g fat (6.4 g sat.); 28 g carbo.; 695 mg sodium; 175 mg chol.

Pineapple Wedges with Warm Cranberry Coulis

- 1 small (about 2 lb.) pineapple
- 1 can (1 lb.) whole cranberry sauce

Cut pineapple into 6 lengthwise wedges; leave leaves or discard, as desired.

In a small, microwave-safe bowl, heat 1 can whole cranberry sauce, uncovered, on full power (100 percent) until warm. (Or stir sauce in a 1- to 1½-qt. pan over medium-high heat.)

Spoon sauce over pineapple. Makes 6 servings.

(Continued on page 131)

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Per serving: 146 cal. (2.5 percent from fat); 0.4 g protein; 0.4 g fat (0 g sat.); 37 g carbo.; 21 mg sodium; 0 mg chol.

IMPROMPTU COMPANY DINNER

Tricolor Winter Salad

Chicken Fila Packets with Dried Tomatoes, Basil, and Prosciutto

Peas with Toasted Hazelnuts

Pinot Grigio

Sparkling Water

Grasshopper Sundaes

Fila packets can be made a month ahead and stored in the freezer. They thaw in 1 to 2 hours at room temperature, but keep them well wrapped so fila doesn't dry out.

While chicken bakes, make salad. Dress up the peas with chopped hazelnuts; to toast the nuts quickly, stir them in a frying pan over medium heat until they are lightly browned, 4 to 6 minutes.

For an easy, elegant dessert, drizzle scoops of vanilla ice cream with equal parts crème de menthe and white crème de cacao liqueurs; tuck a chocolate wafer into each serving of ice cream.

PETER CHRISTIANSEN

GOLDEN FILA PACKET *conceals moist chicken breast seasoned with prosciutto, basil, dried tomatoes.*

Tricolor Winter Salad

- 2 small oranges or tangerines, about ¼ pound total
- 3 cups radicchio leaves, rinsed and crisped
- 6 cups butter lettuce leaves, rinsed and crisped
- 2 teaspoons Dijon mustard
- 3 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- Salt and pepper

Using a sharp knife, cut peel and membrane from oranges. Cut between membranes to separate into segments; discard seeds. Put fruit in a wide bowl, squeezing any membrane juice over fruit. Add radicchio and lettuce leaves. In a small bowl, mix mustard, vinegar, and olive oil; pour over salad and mix. Add salt and pepper to taste. Serves 6.

Per serving: 61 cal. (71 percent from fat); 1.1 g protein; 4.8 g fat (0.6 g sat.); 4.2 g carbo.; 55 mg sodium; 0 mg chol.

Chicken Fila Packets with Dried Tomatoes, Basil, and Prosciutto

- 3 whole chicken breasts (about 1 lb. each) skinned, boned, and split
- ¾ cup mayonnaise
- 3 tablespoons drained and finely chopped dried tomatoes packed in oil
- 2 tablespoons minced fresh or 2 teaspoons dried basil leaves
- ⅛ pound thinly sliced prosciutto, finely chopped
- 3 cloves garlic, minced or pressed
- ½ cup freshly grated parmesan cheese
- 6 tablespoons butter or margarine, melted
- 12 sheets fila dough (thawed if frozen), each about 11 by 17 inches
- ¼ teaspoon pepper

Rinse chicken breasts and pat dry.

In a small bowl, stir together mayonnaise, tomatoes, basil, prosciutto, 2 cloves garlic, and parmesan cheese.

Stir remaining garlic into butter.

To make each packet, lay 1 fila sheet flat; brush lightly with butter. (Keep remaining fila covered with plastic wrap to prevent drying.)

Top buttered fila with another fila sheet; brush lightly with butter. Lightly sprinkle pepper on 1 side of each chicken piece, then spread 1 side of the chicken with about 1½ tablespoons mayonnaise mixture.

Lay chicken, coated side down, on 1 corner of fila. Spread top of chicken with 1½ more tablespoons mayonnaise mixture. Lift corner of fila over chicken; roll chicken with fila over once. Fold 1 side of fila over chicken and roll again. Fold opposite side of fila over chicken, then roll to use all the fila. Place packets seam side down. Repeat steps to wrap remaining pieces of chicken in the remaining fila.

Brush packets with remaining butter. (At this point you can arrange packets in a single layer in a container with a tight-fitting lid and freeze up to 1 month. Thaw completely, covered, before baking.)

To bake, arrange fila packets at least 2 inches apart in a rimmed 12- by 17-inch pan. Bake, uncovered, in a 375° oven until packets are golden brown on all sides, 20 to 25 minutes. Makes 6 servings.

Per serving: 673 cal. (55 percent from fat); 45 g protein; 41 g fat (13 g sat.); 30 g carbo.; 905 mg sodium; 145 mg chol. ■

By Paula Smith Freschet

To use our nutrition information

Sunset recipes contain nutrition information based on the most current data available from the USDA for calorie count; grams of protein, total fat (including saturated fat), and carbohydrate; and milligrams of sodium and cholesterol.

This analysis is usually given for a single serving, based on the largest number of servings listed for the recipe. Or it's for a specific amount, such as per tablespoon (for sauces), or by a unit, as per cookie.

The nutrition analysis *does not include* optional ingredients or those for which no specific amount is stated (salt added to taste, for example). If an ingredient is listed with an alternative—such as unflavored yogurt or sour cream—the figures are calculated using the first choice. Likewise, if a range is given for the amount of an ingredient (such as ½ to 1 cup butter), values are figured on the first, lower amount.

Recipes using regular-strength chicken broth are based on the sodium content of salt-free homemade or canned broth. If you use canned salted chicken broth, the sodium content will be higher.

1. FRENCH ONION DIP

½ cup Best Foods Real Mayonnaise
2 cups sour cream
1 pkg. (1.9 oz) Knorr® french onion soup and recipe mix

Stir all ingredients until well mixed. Cover; chill. Makes 2½ cups.

2. SPINACH DIP

1 cup Best Foods Real Mayonnaise
1½ cups sour cream
1 pkg. (10 oz) frozen chopped spina thawed, drained
1 pkg. (1.4 oz) Knorr® vegetable sou and recipe mix
1 can (8 oz) water chestnuts, drainec chopped (optional)
3 green onions, chopped

Stir all ingredients until well mixed. Cover; chill. Makes 3 cups.

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BRING OUT YOUR HOLIDAY BEST.

11.

12.

3. HOT ARTICHOKE DIP

½ cup Best Foods Real Mayonnaise
½ cup sour cream
1 can (14 oz) artichoke hearts, drained, chopped
⅓ cup grated Parmesan cheese
⅛ tsp. hot pepper sauce

Stir all ingredients until well mixed. Spoon into small ovenproof dish. Bake at 350°F 30 minutes or until bubbly. Makes 2 cups.

4. GUACAMOLE DIP

½ cup Best Foods Real Mayonnaise
1 large avocado, peeled, mashed
1 small tomato, chopped
¼ cup minced onion
¼ cup drained chopped green chilies
1 Tbsp. lemon juice
½ tsp. salt

Stir all ingredients until well mixed. Cover; chill. Makes 2 cups.

5. BACON HORSERADISH DIP

1 cup Best Foods Real Mayonnaise
1 cup sour cream
¼ cup real bacon bits
¼ cup prepared horseradish

Stir all ingredients until well mixed. Cover; chill. Makes 2 cups.

6. SHRIMP LOUIS DIP

1 cup Best Foods Real Mayonnaise
1 cup sour cream
⅓ cup finely chopped green pepper
¼ cup chili sauce
1 Tbsp. prepared horseradish
¼ tsp. salt
⅛ tsp. freshly ground pepper
2 cups finely chopped cooked shrimp

Stir all ingredients until well mixed. Cover; chill. Makes 3 cups.

7. HOT CRAB DIP

1 pkg. (3 oz) cream cheese, softened
½ cup Best Foods Real Mayonnaise
1 can (6 oz) crabmeat, drained
¼ cup minced onion
1 Tbsp. lemon juice
⅛ tsp. hot pepper sauce

Beat cream cheese until smooth. Stir in remaining ingredients. Spoon into small ovenproof dish. Bake at 350°F 30 minutes or until bubbly. Makes 1 cup.

8. HOT CHEDDAR BEAN DIP

½ cup Best Foods Real Mayonnaise
1 can (16 oz) pinto beans drained, mashed
1 cup shredded Cheddar cheese
1 can (4 oz) chopped green chilies
¼ tsp. hot pepper sauce

Stir all ingredients until well mixed. Spoon into small ovenproof dish. Bake at 350°F 30 minutes or until bubbly. Makes 2½ cups.

9. PESTO DIP

1 cup Best Foods Real Mayonnaise
1 cup sour cream
1 pkg. (10 oz) frozen chopped spinach, thawed, well-drained
⅓ cup grated Parmesan cheese
¼ cup walnut pieces
1 tsp. dried basil
¼ tsp. salt
1 clove garlic, crushed

In blender or food processor blend all ingredients until almost smooth. Cover; chill. Makes 2 cups.

10. CUCUMBER DILL DIP

1 pkg. (8 oz) cream cheese, softened
1 cup Best Foods Real Mayonnaise
2 medium cucumbers, peeled, seeded, chopped
2 Tbsp. sliced green onion
1 Tbsp. lemon juice
2 tsp. snipped fresh dill or ½ tsp. dried dill weed
½ tsp. hot pepper sauce

Beat cream cheese until smooth. Stir in remaining ingredients until well mixed. Cover; chill. Makes 2½ cups.

11. GREEN ONION DIP

1 cup Best Foods Real Mayonnaise
1 cup sour cream
½ cup sliced green onions
½ cup parsley sprigs
1 tsp. Dijon mustard
1 clove garlic, crushed

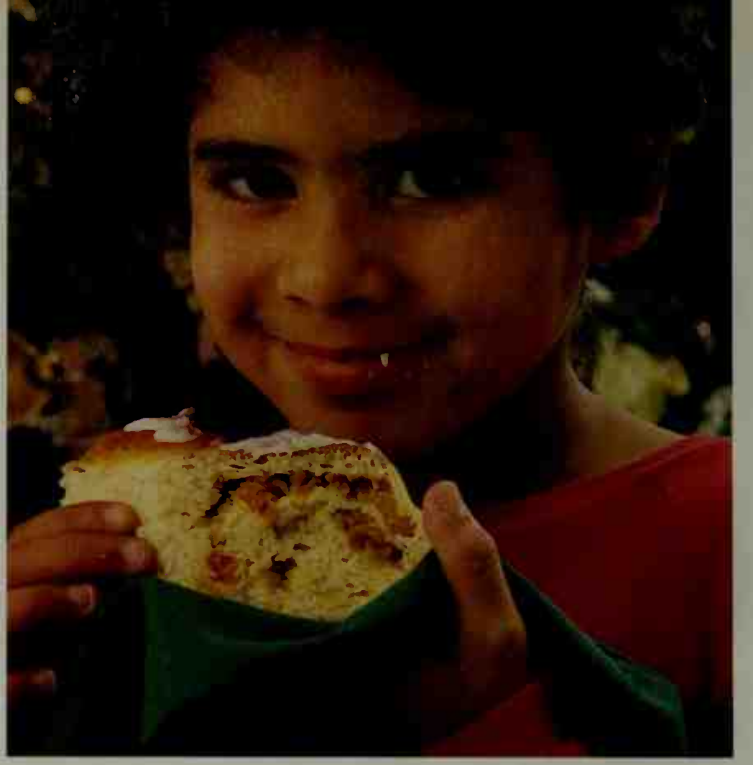
In blender or food processor blend all ingredients until almost smooth. Cover; chill. Makes 2 cups.

12. GINGER LIME DIP

½ cup Best Foods Real Mayonnaise
½ cup sour cream
2 tsp. grated lime peel
1 Tbsp. lime juice
1 Tbsp. honey
½ tsp. ground ginger

Stir all ingredients until well mixed. Cover; chill. Serve with fruit. Makes 1 cup.

PETER CHRISTIANSEN



CHRISTMAS TREE BREAD, *in thick, tender slices, holds center stage at celebration breakfast.*

Fruit-filled bread for Christmas morning

It's shaped like a tree

IN THE MIDST OF THE Christmas morning excitement, offer this showy bread. Slice it to display the spiraled fruit filling, and accompany with thin slices of gouda cheese (buy a 2- to 3-pound wedge), or another favorite cheese such as jarlsberg or cheddar.

With a compote of fresh fruit—perhaps a mixture of sliced oranges and kiwi fruit with grapefruit wedges—hot chocolate, and coffee, you have the makings of a fine breakfast.

Christmas Tree Bread

- 2 packages active dry yeast
- ½ cup warm (110°) water
- ½ cup (¼ lb.) butter or margarine, cut into chunks
- 1 cup milk
- 3 large eggs
- ¼ cup sugar
- 2 teaspoons vanilla
- 1 teaspoon grated lemon peel
- ½ teaspoon ground cardamom or mace
- ½ teaspoon salt
- About 5½ cups all-purpose flour
- Fruit filling (recipe follows)
- 1 large egg yolk mixed with 1 tablespoon water
- Glaze (recipe follows)
- Fresh cranberries and holly leaves, rinsed and drained dry (optional)

In a large bowl, soften yeast in warm water, about 5 minutes. In a 1- to 1½-quart pan, combine butter and milk; warm over medium heat just until milk is 110°; butter does not need to melt. (Or heat butter and milk in a microwave-safe bowl, uncovered, in a microwave oven until milk is 110°.)

Add milk mixture, whole eggs, sugar, vanilla, lemon peel, cardamom, salt, and 3 cups flour to yeast mixture. Beat with a mixer at medium speed until dough is stretchy and shiny, 5 to 8 minutes. Stir in 2¼ cups flour.

To knead with a dough hook, beat at high speed until dough pulls cleanly from sides of bowl, 5 to 8 minutes. If dough still sticks, add flour, 1 tablespoon at a time, until dough pulls free.

To knead by hand, scrape dough onto a lightly floured board. Knead until smooth and elastic, adding as little flour as possible to prevent sticking, about 10 minutes. Return dough to bowl.

Cover bowl with plastic wrap. Let dough rise in a warm place until doubled, about 1 hour. Punch dough down; reserve ⅓ cup of it.

On a floured board, roll the large portion of dough into a 10- by 36-inch rectangle. Spread fruit filling over dough to within ½ inch of long sides. Roll from a long side, jelly roll–style.

On an oiled 14- by 17-inch baking sheet, zigzag dough (like stacked S's), seam down, to make a tree that's narrow at top and broad at base (see photo at far left). Form reserved ⅓ cup dough into a ball and attach to the base of tree as the trunk.

Cover with plastic wrap; let rise in a warm place until puffy, about 25 minutes. Brush tree with yolk mixture.

Bake in a 350° oven until golden brown, 40 to 45 minutes. Let bread stand on pan until warm.

(If making ahead, let bread cool, then wrap airtight. Store at room temperature up to 1 day, or freeze up to 1 month. Allow at least 4 hours to thaw at room temperature. Reheat thawed loaf, lightly covered, in a 350° oven until warm, 15 to 20 minutes.)

Spoon glaze over warm bread; transfer to a board and garnish with cranberries and holly leaves. Slice when warm or cool. Makes 1 loaf, about 4¼ pounds, 12 to 16 servings.—*Barbara Bochner, Ross, California*

Per serving: 382 cal. (26 percent from fat); 8.6 g protein; 11 g fat (4.7 g sat.); 62 g carbo.; 151 mg sodium; 71 mg chol.

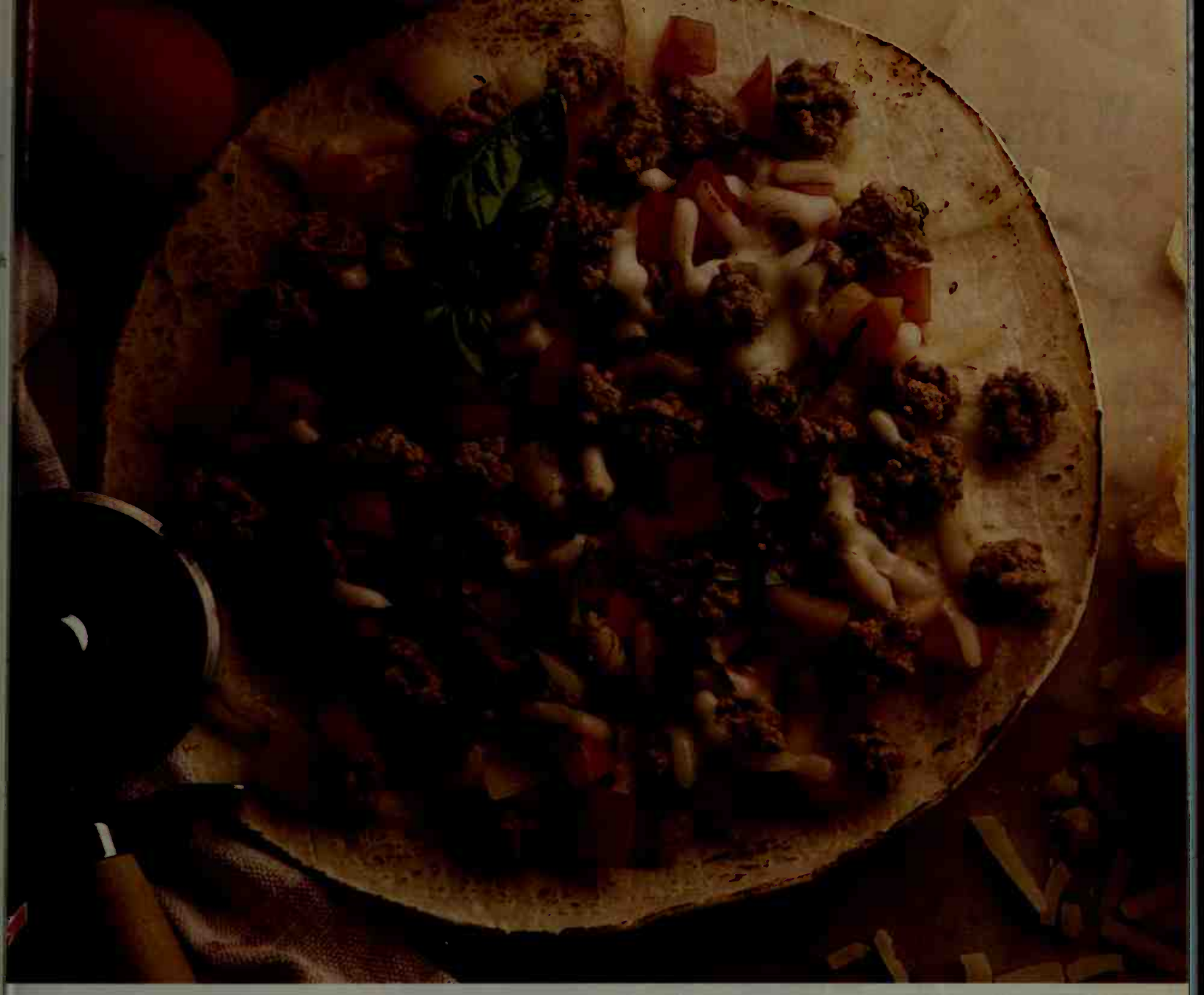
Fruit filling. Bake ¾ cup **slivered almonds** in a 9-inch-wide pan in a 350° oven until golden, about 10 minutes.

Soak 1 cup **golden raisins** in 3 tablespoons **orange juice** and 2 tablespoons **brandy** or vanilla until plump, about 30 minutes.

In a food processor, finely chop raisin mixture, almonds, 1 cup coarsely chopped peeled **apple,** 1 cup coarsely chopped **dried apricots,** 2 teaspoons **ground cinnamon,** and 1 teaspoon grated **orange peel.** (Or, reserving raisin liquid, finely chop mixture with a knife, then add liquid.)

Glaze. Mix 1¼ cups **powdered sugar** with 2 tablespoons **orange juice** until smooth. ■

By Linda Lau Anusasananan



DELIVERY IN 30 MINUTES OR LESS. TIPPING NOT REQUIRED.

The next time you have a craving for pizza, reach for some beef instead of the telephone. Here's a simple recipe for making anything but the same old pie.

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BEEF TORTILLA PIZZA – 27 MINUTES

- 1 lb lean ground beef
- 1 med onion, chopped
- 1 tsp *each* dried oregano leaves and salt
- 4 lg (10") flour tortillas
- 1 med tomato, seeded and chopped
- 1 Tbsp thinly sliced fresh basil leaves
- 1 c shredded mozzarella cheese
- ¼ c grated Parmesan cheese

Brown ground beef and onion in skillet over med heat 8 to 10 min or until beef is no longer pink. Pour off drippings. Stir oregano and salt into beef. Lightly brush tortillas with oil. Bake tortillas on 2 baking sheets in preheated 400°F oven 3 min. Spoon beef mixture evenly over top of each tortilla; top with an equal amount of tomato. Sprinkle with basil and cheeses. Return to oven and bake 12 to 14 min or until lightly browned. 4 servings.

Why don't you give it a try? And have dinner arrive at your table instead of at your front door for a change.

BEEFSM

IT'S WHAT'S FOR DINNER.

What's new in cookware? A lot

Here's the scoop on choosing rangetop cookware . . . for your own use or for a gift

LOOKING FOR NEW cookware? These days, there's a pan to suit every need and style, from flashy to functional, heavy-duty "professional" to lightweight budget. And there are finishes and coatings to consider. What's the best choice? It all depends on you. The perfect pan for one cook may drive another cook crazy.

EVALUATING YOUR NEEDS

Every pan has pros and cons. Appearance and price may be your starting point, but you should also consider materials and construction. To help you select pans that will best suit your needs, consider these questions:

What type of cooktop do you have? Not all pans work well on all cooktops. You can use any kind of cookware on electric coil and gas ranges (glass-ceramic cookware, however, performs best on gas cooktops). Electric radiant, halogen, and solid-element ranges need heavy, flat-bottomed pans, while induction ranges require magnetic pans—cast iron, carbon steel, or some types of stainless. (Before choosing pans, check the individual range manufacturer's recommendations.)

Match pans to burner sizes for the most even cooking, and to safeguard cooktops and pan handles.

How important are durability and heat conductivity? How long do you want your pans to last—a lifetime, or just until you're tired of the way they look? Are you willing to pay more for good materials and construction?

For many cooks, the most important consideration is a pan's heat conductivity—that is, its ability to quickly and evenly transfer heat from a burner throughout the pan. Materials, especially those that are used in the pan's bottom, are key in determining this quality.

What about design? Do shape, balance, and weight work together for good function? Does the pan sit steady when empty—or does it tip? Are the handles heat resistant and easy to grip? Does the pan feel balanced and comfortable in your hands? Will a filled, heavy pan be a burden to maneuver?

How do you cook? Do you want a pan for every chore, or will a few standard pans suffice? Do you need a pan with a nonstick finish? Do you prefer a pan with sensitive heat response, say for cooking delicate fish, or a fairly heavy pan that browns meat and cooks pancakes evenly?

What are you willing to spend? Materials, construction, and design influence cost. Pans made to last generally cost more. Warranties on less expensive pans may exclude a key component, like a nonstick coating.

MATERIALS

Cookware is made from a variety of materials, sometimes used singly, sometimes in combination. Here we detail the properties of the five most common pan materials.

ALUMINUM

Basics. Aluminum's heat conductivity is second only to copper's. Aluminum pans are versatile, and come in a wide range of prices and styles.

On the down side, aluminum is soft and scratchable. If salty or acidic foods have long contact with aluminum, they can pit it and pick up a metallic flavor. Therefore, most aluminum pans have a nonstick (see page 140) or anodized surface.

PETER CHRISTIANSEN

FIVE BASIC MATERIALS

Copper (top left)
- *Best heat conductor*
- *Beautiful, expensive, heavy*
- *Must be hand-washed*
- *Requires frequent polishing*
- *Pictured pan's stainless steel liner adds durability*

Stainless Steel (top center)
- *Poor heat conductor alone*
- *Shiny, low maintenance, lightweight, dishwasher-safe*
- *Wide price range*
- *Pictured pan has an aluminum disk that improves heat conduction*

Glass-Ceramic (top right)
- *Poor heat conductor but, once hot, retains heat well*
- *Can go from freezer to rangetop and back*
- *Can chip. Dishwasher-safe*
- *Pictured pan has a nonstick coating*

Aluminum (bottom right)
- *Excellent heat control*
- *Lightweight to heavy*
- *Wide price range. Most are nonstick or anodized*
- *Pictured anodized pan is abrasion resistant. Must be hand-washed*

Cast Iron (bottom left)
- *Poor heat conductor but, once hot, retains heat well*
- *Heavy. Wide price range*
- *Must be hand-washed*
- *Pans come uncoated, preseasoned, or enameled*
- *Pictured uncoated pan must be seasoned*

THREE OPTIONS FOR COOKWARE FINISHES

Acrylic (top)
- *Used on inexpensive aluminum pans*
- *Scratches easily, can stain*
- *Pictured pan has colorful acrylic finish*

Porcelain Enamel (right)
- *Colorful and durable (but it can chip)*
- *Goes on cast iron, carbon steel, or aluminum*
- *Pictured cast-iron pan is enameled inside and out*

Nonstick (bottom)
- *Pan base can be any material and can range from lightweight to heavy*
- *Short- to long-life coating (see discussion, page 140)*
- *Wide price range. Many are dishwasher-safe*
- *Pictured pan's barely visible textured coating withstands wear from metal utensils*

Anodizing is an electrochemical process that permanently changes the pan surface, making it harder and abrasion resistant, and sometimes less reactive (depending on the brand). Calphalon and Magnalite Professional are anodized pans.

Does uncoated aluminum cookware have any connection to Alzheimer's disease? Both the Alzheimer's Association and the Food and Drug Administration say there is no conclusive evidence of any direct effect. Most experts agree that aluminum intake from pans is small; we ingest more aluminum from things like antacids and buffered aspirin.

Use and care. To reduce scratching, avoid using sharp-edged metal utensils.

Remove salty or acidic foods right after cooking, and wash pans. Don't use uncoated or anodized pans for food storage.

Wash anodized pans by hand; over time, chlorine-based automatic dishwashing cleaners can cause surface deterioration.

PETER CHRISTIANSEN

STARTER SET *makes a great gift. Include a 1- to 2-quart saucepan, 3- to 4-quart saucepan, 10-inch frying pan (uncoated or nonstick), and 5- to 6-quart pan, all with lids. You'll pay from $40 for budget aluminum to as much as $850 for copper. If retailers' sets don't include pans you want or need, mix and match brands from open stock (as above). It is likely to increase your cost.*

CAST IRON

Basics. Whether you're buying old-fashioned uncoated, preseasoned, or bright enamel-coated cast-iron pans, they're durable enough to last a lifetime—given the proper care.

Cast iron is heavy and a relatively poor heat conductor. It heats up and cools down slowly but retains heat for a long time—which means it's great for even browning, for braising and simmering, and for keeping food hot—but poor if you need precise heat control.

Use and care. Uncoated pans (such as Lodge and Wagner's brands) need to be seasoned to discourage rusting and sticking. This means developing an oily patina by cloaking the pores with a thin, oily film before using the pans for the first time.

To season, lightly rub clean pans and metal lids with salad oil or shortening and bake in a 325° oven for 1 hour; let cool. If pans rust, scour with steel wool, dry, then repeat seasoning.

Manufacturers recommend that, when cooking with cast iron, you heat the pan slowly before adding food. Don't store food in uncoated pans. Cast iron reacts with acidic foods and gives them a metallic flavor.

Clean cast iron by hand with hot water and a nonabrasive pad, and dry immediately. A little dish soap is fine for coated pans. Manufacturers disagree on whether soap removes seasoning from uncoated pans. Lightly rub uncoated pans with salad oil before storage to prevent rusting.

COPPER

Basics. Copper's burnished glow and its superb ability to conduct heat quickly and evenly make it attractive to many cooks. Copper pans perform well for a wide range of cooking chores, from slow-simmering stews and delicate sauces to browning foods quickly.

The drawbacks of copper? For many, it's the high price. And copper is heavy and requires frequent polishing.

Copper reacts with acidic foods and can form off-tastes or colors and leach into food (toxic at high levels). Therefore, most pans are lined.

Tin is the traditional lining choice. But pans lined with tin need retinning often; the metal is not durable and eventually wears off—and it can melt above 450°.

Today, stainless steel is a popular pan liner. It's permanent, improves the pan's toughness, and is easy to care for. (Bourgeat and All-Clad produce copper pans with stainless steel linings.)

Use and care. Copper dents and scratches easily; thick, heavier pans are stronger and hold up better. Hand-wash with nonabrasive cleaners. Automatic dishwashers that reach high temperatures may stain the metal and damage the tin lining. To remove tarnish, polish regularly with a commercial cleaner or ½ cup vinegar and 1 tablespoon salt.

GLASS-CERAMIC

Basics. Glass-ceramic, first used for rocket nose cones, withstands extreme temperature changes; it goes from freezer straight to rangetop or microwave.

Glass-ceramic cookware (such as Visions Cookware by Corning) conducts heat poorly but retains heat well.

Lower temperatures are recommended for cooking with glass-ceramic. Water-based foods like soups or sauces cook successfully; other foods may take longer and can stick. Pans with special nonstick finishes help reduce this problem.

Use and care. Although glass-ceramic cookware can break from impact, it won't break from thermal shock. Avoid metal utensils, which may scratch the material. Wash by hand or machine.

STAINLESS STEEL

Basics. Exceptional durability and good looks make stainless steel very popular for cookware. Unlike other metals, it does not react with foods, and it resists scratching. Because it's strong, pans can be thin and lightweight.

On its own, stainless is a poor heat conductor. And pans can develop hot spots (where scorching occurs) when they are in direct contact with a heat source like an electric coil. To improve heat distribution, Revere Cookware and Farberware combine stainless with metals that are better heat conductors. (See cores and disks section, following.)

Most stainless steel is 18/10: 18 percent chromium, 10 percent nickel, and the rest iron and other elements.

Use and care. The advantage of stainless steel over other pan materials is that it requires so little attention. It can go into the dishwasher, although dishwasher temperatures and detergents may mar the sheen over time.

CORES, DISKS, PLATING

To improve heat conductivity, some cookware incorporates highly conductive inner cores or disks attached to the pan base. Plating (lining pan bottoms with conductive materials) is also done. To identify a pan's construction, read the manufacturer's materials.

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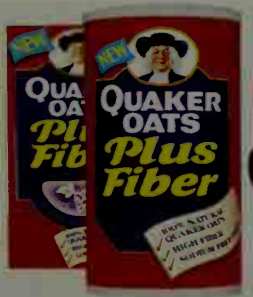

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DIFFERENT MATERIALS AND CONSTRUCTION *give handles a variety of features. They may be permanent or replaceable (screwed on). Some—wood, phenolic (plastic), and hollow metal—stay cool on the range. Metal and some phenolic handles are ovenproof. Heavy pans may have a short helper handle on the opposite side to make lifting easier.*

Stainless steel typically gets these improvements. But manufacturers of conductive copper and aluminum pans may rely on these techniques simply to lower their cost.

Cores. A core is a highly conductive metal used between layers of less-conductive materials to improve a pan's overall heat conductivity. Some pans may have three layers, with stainless on the inside and outside and a different metal sandwiched in between as the core. Five-ply pans are stainless on the inside and outside, with three layers of highly conductive metal in between.

Copper is the most conductive core material, followed closely by aluminum, and far behind by steel. Since copper is expensive and heavy, aluminum, which is cheaper and lighter, is often the material of choice.

Many believe a core's thickness is as important as the material itself. The thicker the core, the faster, more uniform the heating. Unfortunately, comparisons are difficult between different constructions, because many manufacturers don't indicate thicknesses.

The core diameter usually equals that of the pan bottom. Sometimes the core continues partway up the pan sides. If it continues all the way up the sides, the pan is called a clad pan. A clad pan improves conduction and discourages hot spots. All-Clad is one manufacturer. Because these pans add more highly conductive materials, they may be heavier and more expensive.

Disks. Pans with this feature have a metal disk attached to the bottom of the pan, where heating is focused, to improve conductivity. It may be copper, aluminum, or a combination. You may see the disk or it may be covered with metal to protect it from scratching and uneven wear.

Plating. Some manufacturers deposit copper on the outside of pans to boost heat conduction. Watch out, however, for pans that have extremely thin plating, which doesn't improve conductivity.

FINISHES AND COATINGS

Cookware may have three types of finishes and coatings.

NONSTICK

Basics. Nonstick cookware is the answer for the health-conscious and those wanting easy cleanup—most of us!

Gone are the days when nonstick meant inexpensive pans that would last only a couple of years. Now, you'll find durable, high-performance nonstick models. How to tell a short-lifer from a long-lifer? Check the warranty, and the price—basically, you get what you pay for. A 10-inch frying pan can cost as little as $8 (Regal) to $35 (Berndes's Granit line) or as much as $100 (Le Creuset's Castoflon line).

Part of nonstick's performance comes from the pan beneath the coating—it can be any of the materials already discussed.

Coatings usually fall into three categories. Manufacturers Du Pont and Whitford describe their products as good (Teflon 2 and Xylan), better (SilverStone and Xylan Plus), and best (SilverStone Supra and Xylan Eterna). Although service life varies according to individual use, coatings in the good category are likely to perform well for 5 years or less, those in the better category for 5 to 10 years, and coatings in the best category for 10 or more years.

Textured surfaces are the biggest news in nonstick cookware. These recently introduced pans have bumps or grooves in different configurations; wear occurs on the peaks, and the nonstick coating remains in the valleys, continuing to provide food release. The texture may be visibly imprinted (T-Fal Resistal and Circulon), or nearly invisible, as in the case of LeCook's-Ware Steelon and Farberware Millennium with Excalibur (which comes with a 20-year coating warranty).

Use and care. Before the first use but after washing, lightly wipe pans with oil for optimum food release.

Most nonstick pans are dishwasher-safe. In most cases you must use wood or nylon tools if you want the pans to last. Some pans that have reinforced textured coatings are unaffected by metal tools.

Leaving an empty nonstick pan on high heat may break down some coatings. For longevity, some manufacturers suggest cooking on medium to low heat. Even with the best care, a coating's releasing effect will diminish over time. You can keep using the pan—just add a little oil to prevent sticking.

LID OPTIONS *include glass with replaceable phenolic fingerguard (this one's ovenproof to 425°) and handle, and metal with stay-cool hollow loop handle.*

PORCELAIN ENAMEL

Basics. A coating of porcelain enamel is hard and durable; it comes in a wide range of attractive colors; and it is impervious to moisture, most foods, and high heat. It can be fused to the inside or outside of cast iron (like Le Creuset), aluminum (such as Regal), and carbon steel pans (like Chantal).

Use and care. If food tends to stick or scorch, try cooking at a lower heat. Remove acidic foods from pans right after cooking; they can dull the surface. Enamel may chip if it's hit sharply or dropped on a hard floor. Cleaning needs vary with pan type.

ACRYLIC

Basics. An acrylic coating adds a colorful exterior to inexpensive aluminum pans, but it scratches fairly easily, and fat and other foods may leave permanent stains.

Use and care. Don't bang pans against other utensils or sharp objects. Wipe spills off coating as soon as possible. Wash by hand or in the dishwasher. ■

By Elaine Johnson, Karyn I. Lipman

Hidden Valley

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Hidden Valley Low Fat Dressings let you enjoy the flavor you'd expect without all the fat. Or calories. And no cholesterol. Just six delicious dressings, rich in creamy flavor. For terrific taste, with less fat, come to Hidden Valley.

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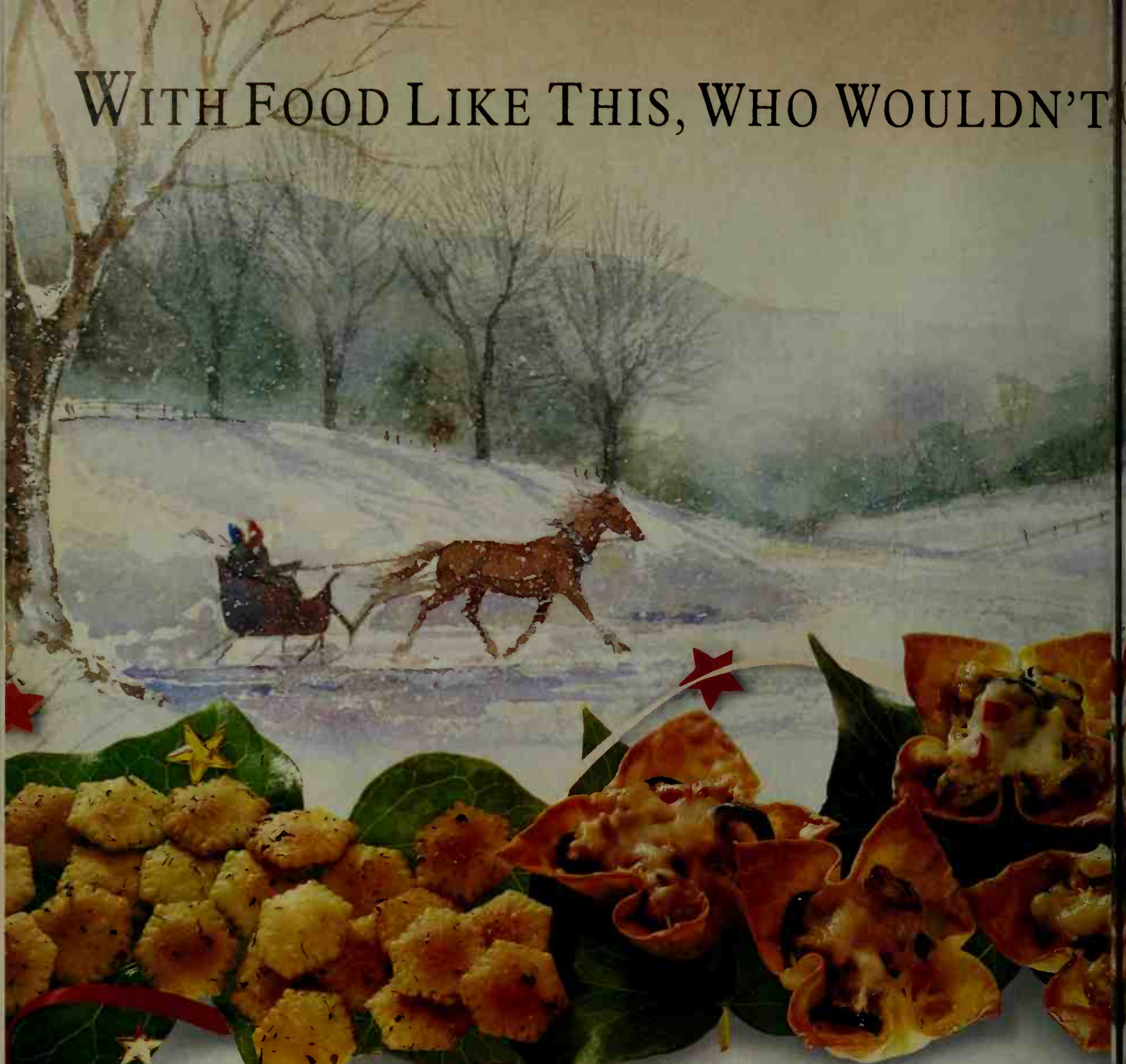

HIDDEN VALLEY RANCH® OYSTER CRACKERS

1 package (1 oz.) Hidden Valley Ranch® Original Ranch® Salad Dressing Mix
½ teaspoon dill weed
¾ cup salad oil
5 cups plain oyster crackers
(optional: ¼ teaspoon lemon pepper, ¼ teaspoon garlic powder)

Preheat oven to 250°F. Combine salad dressing mix with dill weed and oil. Pour over crackers, stir to coat. Place in oven for 15 to 20 minutes. Stir gently halfway through baking.

HIDDEN VALLEY RANCH® SAUSAGE STAR

2 cups (1 lb.) cooked crumbled sausage
1½ cups grated sharp Cheddar cheese
1½ cups grated Monterey Jack cheese
1 cup prepared Hidden Valley Ranch® Original Ranch® Salad Dressing Mix
1 can (2.25 oz.) sliced ripe olives
½ cup chopped red pepper
1 package fresh or frozen won ton wrappers (or egg roll wrappers cut in 4ths)
vegetable oil

Preheat oven to 350°F. Blot sausage dry with paper towels and combine with cheeses, salad dressing, olives and red pepper. Lightly grease a mini (or regular) muffin tin and press 1 wrapper in each cup. Brush with oil. Bake 5 minutes until golden. Remove from tins, place on baking sheet. Fill with sausage mixture. Bake 5 minutes until bubbly. Makes 4 to 5 dozen.

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2 packages (8 oz. each) cream cheese, softened
1 package (1 oz.) Hidden Valley Ranch® Original Ranch® Salad Dressing Mix
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4 (12 inch) flour tortillas
1 jar (4 oz.) diced pimiento
1 can (4 oz.) diced green chiles
1 can (2.25 oz.) sliced black olives

Mix first three ingredients. Spread on tortillas. Drain vegetables and blot dry on paper towels. Sprinkle equal amounts of remaining ingredients on top of cream cheese. Roll tortillas tightly. Chill at least 2 hours. Cut rolls into 1-inch pieces. Discard ends. Serve with spirals facing up. Makes 3 dozen.

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Morel
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Wood Ear
Protein-wise, they're closer to meat than to vegetables. Forget Meat & Potatoes; stick to Ears & Potatoes.

Shiitake
Dried, their smoky pepperiness is potent. 4 or 5 slices can permeate an entire soufflé. Never underestimate the power of the fungi.

Once you taste a wild mushroom, you can't go back to common varieties. The same is true of Sutter Home Chardonnay. The ripe apple and citrus aromas, crisp fruity flavors, and the dry, lingering finish enhance any moment. It's one of the treasures that can make life more enjoyable... that, and a good fungus.

Enoki
Japanese delicacy, best raw. The Japanese also breed mushrooms tasting like steak, with patty-size crowns. Fungus burger, anyone?

© Sutter Home Winery, Inc., St. Helena, Napa Valley, California

SUTTER HOME. IF YOU'RE GOING TO DO IT, DO IT RIGHT.

Warm Cioppino Salad

Linda Lum, Tacoma, Washington

- ½ pound extra-large shrimp (26 to 30 per lb.), shelled and deveined
- 3 tablespoons olive oil
- 2 cups ¼-inch-thick slices mushrooms
- 2 cups ¼-inch-thick slices zucchini
- 1 can (14½ oz.) tomatoes, drained and coarsely chopped
- 1½ cups drained pitted black ripe olives
- Dressing (recipe follows)
- 3 quarts lightly packed, rinsed and crisped fresh spinach leaves
- ½ pound shelled cooked crab

In a 10- to 12-inch frying pan over medium-high heat, stir shrimp in oil until pink, about 2 minutes. Lift out and set aside. Add mushrooms and zucchini to pan; stir often on medium-high heat until zucchini is tender-crisp to bite, about 3 minutes.

Return shrimp to pan; add tomatoes, olives, and dressing; stir often until hot. Put spinach in a wide bowl; pour hot mixture over greens, top with crab, and mix gently. Serves 6.

Per serving: 231 cal. (47 percent from fat); 20 g protein; 12 g fat (1.7 g sat.); 14 g carbo.; 693 mg sodium; 85 mg chol.

Dressing. Mix ¼ cup **lemon juice;** 1 tablespoon **Worcestershire;** and 1 teaspoon *each* **dried basil** and **oregano leaves,** and minced **garlic.**

CIOPPINO ELEMENTS *(seafood and tomatoes) top greens in salad.*

Hearty Baked Pork and Apple Stew

Betty Maesner, Tacoma, Washington

- 2 pounds pork shoulder (fat trimmed), cut into 2-inch chunks
- 1 large (¾ lb.) onion, chopped
- ½ cup water
- 1¾ cups regular-strength beef broth
- ¾ cup apple butter
- 1 large (½ lb.) bell pepper, stemmed, seeded, and sliced
- 1¾ cups sliced carrots
- ½ cup sliced celery
- 3 large (1½ lb. total) Granny Smith apples, peeled, cored, and sliced

Place pork, onion, and water in an ovenproof 5- to 6-quart pan over high heat. Cover, bring to a boil, and boil for 10 minutes; stir occasionally. Uncover and stir often until moisture evaporates and pan drippings are dark brown, about 5 minutes.

Add broth and apple butter; stir to free browned drippings. Bake, covered, in a 350° oven for 30 minutes. Stir in bell pepper, carrots, celery, and apples. Continue to bake, covered, until meat is very tender when pierced, about 1 hour longer. Serves 6.

Per serving: 316 cal. (23 percent from fat); 20 g protein; 8.2 g fat (2.6 g sat.); 42 g carbo.; 97 mg sodium; 63 mg chol.

TART APPLES *stew with pork, adding flavor and thickening the sauce.*

Cream Cheese Mincemeat Cookies

Margaret Pache, Mesa, Arizona

- 1 cup (½ lb.) butter or margarine
- 1 large package (8 oz.) cream cheese
- 2 cups powdered sugar
- About 3 cups all-purpose flour
- ¾ cup prepared mincemeat
- 1 teaspoon grated lemon peel

In a food processor or with a mixer, whirl or beat butter, cream cheese, and ½ cup sugar until smoothly blended. Thoroughly mix in 3 cups flour. Cover and chill dough until firm enough to handle, about 1 hour.

On a floured board, roll half the dough (keep remainder cold) ⅛ inch thick. Cut into 2½-inch rounds with a floured cutter; place rounds slightly apart on 2 ungreased 12- by 15-inch baking sheets. Reroll scraps and cut.

Combine mincemeat and peel; drop ½ teaspoon of mixture in center of each round. Fold each round over filling and press edges to seal.

Bake in a 375° oven until golden, 18 to 20 minutes; if using 1 oven, switch pan positions after 10 minutes. Transfer a few hot cookies at a time to a paper or plastic bag with remaining sugar; shake to coat well. Cool on racks. Repeat to use remaining dough and filling. Serve, or store airtight up to 2 days or freeze. Makes about 5 dozen.

Per cookie: 87 cal. (47 percent from fat); 1 g protein; 4.5 g fat (2.8 g sat.); 11 g carbo.; 53 mg sodium; 12 mg chol.

Compiled by Elaine Johnson

POWDERED SUGAR–COATED *half-moon cookies make a holiday treat.*

Share recipes you've created or adapted—heritage treasures, old favorites, travel discoveries, time-savers. On publication, you'll receive a *Sunset* "great cook" certificate and $50 for each recipe used. Send recipes to *Sunset Magazine,* 80 Willow Rd., Menlo Park, Calif. 94025.

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Bertolli Insalata di Pollo Molisani

Marinade:
1 Tbsp. Bertolli Extra Virgin Olive Oil
1/2 garlic clove, minced
Pinch of crushed hot pepper flakes or to taste
4 boneless, skinless chicken breasts

Salsa:
1 cup finely diced plum tomatoes
1/4 cup finely diced onion
2 Tbsp. chopped fresh basil
1 Tbsp. Bertolli Extra Virgin Olive Oil
4 Kalamata olives, pitted & chopped
1 tsp. red wine vinegar

Salad:
6 cups mixed salad greens
1 Tbsp. Bertolli Extra Virgin Olive Oil
2 tsp. red wine vinegar
Salt and pepper
Fresh basil leaves

1. Marinade: Combine olive oil, garlic and red pepper on plate. Add chicken, turn to coat. Cover. Let stand 30 min.
2. Salsa: Combine tomatoes, onion, basil, olive oil, olives and vinegar; add salt and pepper. Cover. Let stand.
3. Salad: Combine salad greens in large bowl; sprinkle with olive oil and vinegar; toss to coat.
4. Heat skillet or grill on high until very hot. Add chicken, sear 2 min. on each side and transfer to a baking pan. Bake at 350°F for 7 min. or until just cooked through. Sprinkle with salt and pepper. Slice at angles into 1/4-inch thick slices.
5. Assemble the salad: Divide the greens evenly among 4 large plates. Arrange chicken slices, fanning them, on the greens and top with a spoonful of the salsa. Garnish with fresh basil. Serves 4.

Insalata di Pollo Molisani

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A Christmas feast from the oven

LET YOUR OVEN MAKE LIFE easier this Christmas. Use it to prepare the appealing meal shown on page 92. As the meat roasts, you add the vegetables in sequence so they will all be ready at the same time. You can bake and frost the cake a day ahead.

Peppered Beef Rib Roast with Roasted Vegetables and Brandied Juices

- 2 tablespoons black peppercorns
- 2 tablespoons fennel seed
- 3 large cloves garlic
- 1 center-cut beef standing rib roast, about 10 pounds
- 12 medium-size (about 2¼ lb. total) carrots, peeled
- 6 small (2½-in.-wide, 2 lb. total) onions, unpeeled
- 2 dozen small (2-in.-wide, about 3 lb. total) red thin-skinned potatoes, scrubbed
- 6 small (about 2 lb. total) red bell peppers, cut in half lengthwise, stemmed, and seeded
- ⅔ cup brandy or regular-strength beef broth
- 1¾ cups regular-strength beef broth
- Salt

In a blender or food processor, coarsely grind peppercorns and fennel. Add garlic and whirl until finely chopped; rub mixture over beef.

Set roast, fat up, in a V-shaped rack in a deep 12- by 17-inch roasting pan. Place carrots under and around roast. Place onions in a 9- by 13-inch pan. Bake beef on bottom rack and onions above in 325° oven (or use 2 ovens); cook 30 minutes.

Add potatoes to meat pan, peppers to onion pan. Bake until a thermometer inserted in center of thickest part of meat reads 130° for rare, 2½ hours longer; 140° for medium, about 3 hours longer; and 150° for well done, about 3½ hours longer.

Put meat on a platter (remove strings if roast is tied). Cut onions in half lengthwise; add vegetables to platter. Keep warm. Tilt roasting pan and skim off and discard fat. Add brandy to pan. Place over high heat and carefully ignite (not beneath a vent or near flammable materials). When flame dies, add broth and bring to a boil, stirring to loosen browned bits; add to pan juices that have drained from roast. Pour into bowl; serve with meat and vegetables. Add salt to taste. Makes 12 servings.

Per serving with fat-trimmed cooked meat: 604 cal. (36 percent from fat); 51 g protein; 24 g fat (9.6 g sat.); 40 g carbo.; 164 mg sodium; 139 mg chol.

Chocolate-Chestnut Star Cake

Look for the sweetened chestnut spread or purée (ingredient list must include sugar) in specialty food stores, European delicatessens, and supermarkets.

- 1 chocolate cake baked in a 9- by 13-inch pan (use a favorite recipe or a cake mix)
- Chestnut butter cream (recipe follows)
- Chocolate icing (recipe follows)
- Gold color sugar (optional)

Let cake cool, then invert from pan, centering on a platter or board at least 12 by 15 inches. Cut cake in half horizontally. Supporting top layer with 2 wide spatulas, lift off and set aside. Spread chestnut butter cream evenly on cut side of cake base. Set cake top on butter cream; pat gently to adhere cake to filling.

If you want a star-shaped cake, make a 3-inch-long cut into the center of cake from each narrow end. Align knife with cut end and corner of a narrow end of cake; cut wedge free. Repeat to cut free remaining 3 wedges. Butt pan-end edges of each pair of wedges together. Center 1 triangle on each long side of cake.

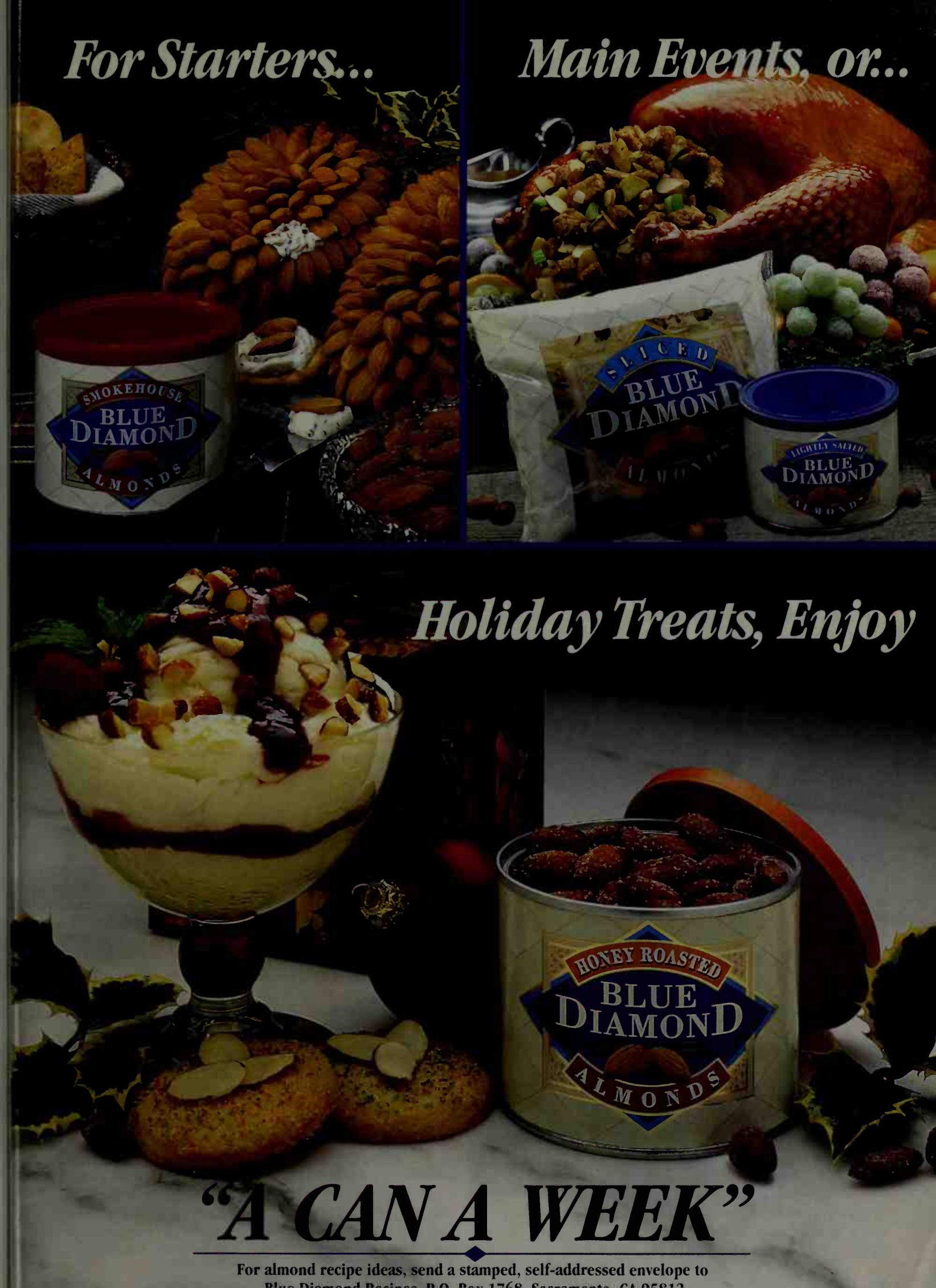
Swirl icing over top and sides of cake. Decorate with colored sugar. Serve, or let stand until icing is firm, about 4 hours; cover airtight up to a day. Serves 12 to 16.

Nutritional information not available because of variables in cake.

Chestnut butter cream. Beat to smoothly blend ½ cup (¼ lb.) **butter** or margarine (at room temperature) and about 1½ cups (1 large can, 17½ oz., or 2 small cans, each 8¾ oz.) **sweetened chestnut spread** or purée.

Chocolate icing. In a 1- to 1½-quart pan over low heat, stir 1½ cups **whipping cream** and ½ pound chopped **semisweet chocolate** until chocolate is melted. Let cool, stirring occasionally, until thick enough to spread, about 1 hour. To speed thickening, set pan in ice water and stir icing until thick enough to spread. ■

By Linda Lau Anusasananan, Betsy Reynolds Bateson



"A CAN A WEEK"

For almond recipe ideas, send a stamped, self-addressed envelope to
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Why?

Why do potatoes get gluey, won't cream whip, does jelly not set?

Why do some of the simplest cooking tasks occasionally produce bizarre results? It could be because you use a different tool or technique—one that seems like it should produce the same results, but in fact radically changes the end product. Here we give three such cases.

If you've encountered similar kitchen mysteries and would like solutions, send your questions to Why?, *Sunset Magazine,* 80 Willow Rd., Menlo Park, Calif. 94025.

For help in unraveling culinary puzzles, we call on Dr. George York, extension food technologist at UC Davis's Department of Food Science and Technology.

Why do potatoes get gluey if you mash them in a food processor?

When the food processor was new, mashing potatoes was one of the first things many of us tried to do with it. After all, an electric mixer does the job well, and a food processor should do it easier and better. Right? Wrong.

The reason has to do with the starch in potatoes—it's distributed in structures called starch buds (also called starch grains or starch granules). In a food processor or blender, the blade is so fast and forceful, it cuts open the buds, allowing the gluey starch to leak out.

Why doesn't this happen when you break up potatoes with a masher or electric mixer? Because these tools aren't forceful enough to break the starch buds by the time the potatoes are fluffy and ready to eat. But if you keep on mashing or mixing, you can make any potato gummy.

In thin-skinned potatoes, the structure that holds the starch buds together is fragile, making buds easy to break; these potatoes are not good mashers. Russet potatoes mash best because their large starch buds tend to separate easily from each other rather than break.

PETER CHRISTIANSEN

GLUEY POTATOES? *Potatoes whirled in food processor turn into a gummy mass. Hand-mashed, they stay fluffy. Why? It's all in how you handle the starch buds.*

Why doesn't whipping cream always whip?

It's the fat emulsified in cream that allows it to whip and stay whipped. As you beat, tiny fat globules suspended in liquid stretch around air bubbles whipped into cream and hold them for several hours. Given sufficient agitation, milk with as little as 3½ percent fat will get quite foamy, but the foam rapidly fizzles because there is not enough fat to sustain it.

Heavy whipping cream (36 to 40 percent fat) whips most readily, and at best can double in volume (depending on which whipping tool you use). Richer cream won't hold as much air. Light whipping cream (the kind most available, and usually labeled just "whipping cream") has less fat—a minimum of 30 and up to 36 percent—but whips satisfactorily.

To whip well, cream must be cold (35° to 45°). If it's warmer, the fat globules in the cream are so soft that as the whipping action takes place, they run together rather than stretch. You get either no foam or a curdled mess. If the bowl and beaters are chilled, they help cream stay cold while it develops good volume.

The shape of the beater or whipping utensil also affects the amount of air beaten into the cream. A food processor (or blender) with a metal blade pulls in little air, producing a dense, thick foam with little volume; the process is also so fast you can easily end up with butter instead of whipped cream.

Balloon-shaped whips (with multiple wires) and electric or rotary beaters do the best job of incorporating air into cream for the lightest, fluffiest results.

For stiffest foams, whip the cream by itself. Stir in sugar or flavorings last.

Cream beaten to hold distinct peaks stays whipped longer than softly whipped cream. But if you softly whip cream ahead and chill it, covered, until ready to use, you can perk up its texture with a few last-minute whisks.

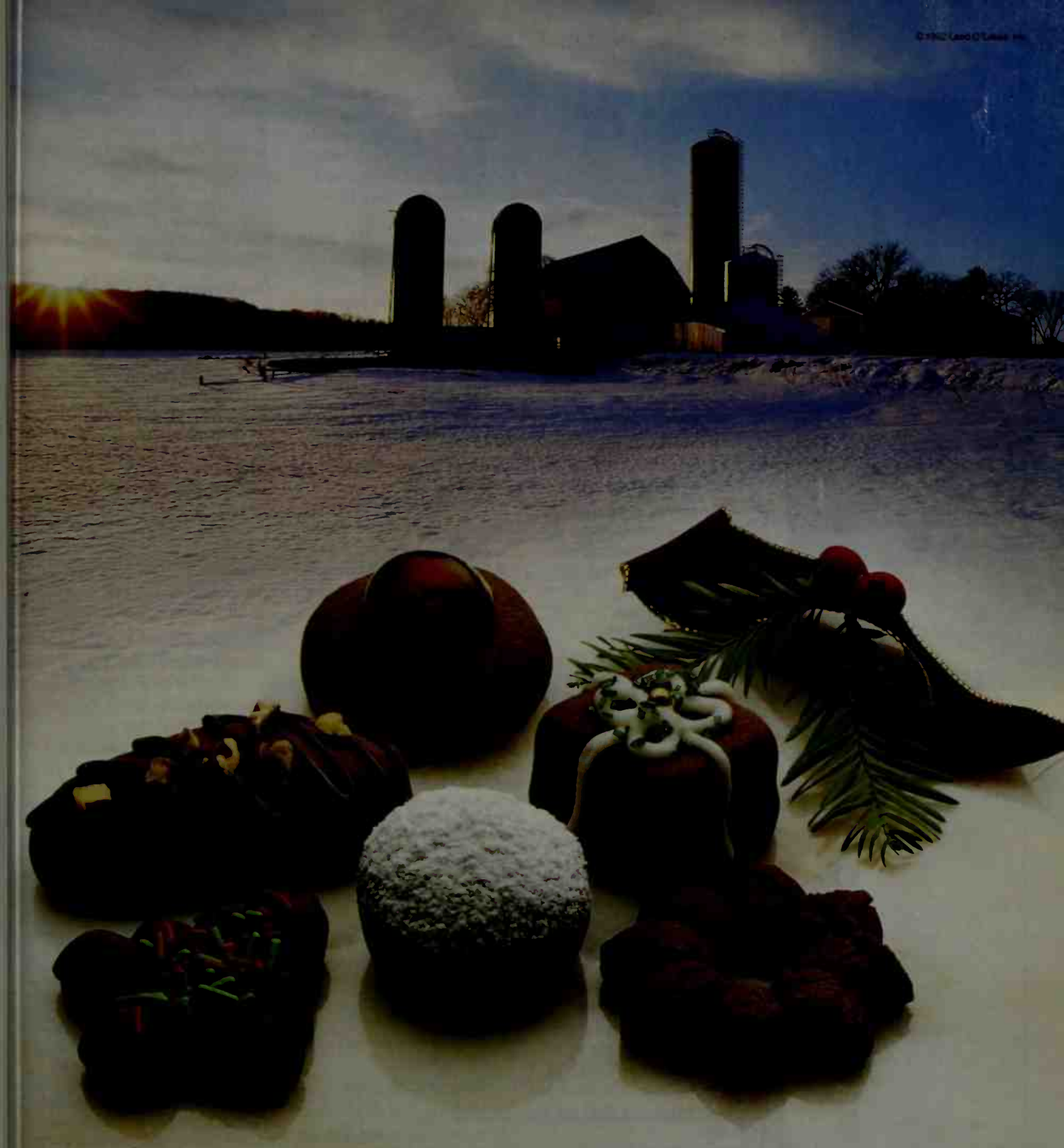
Why won't jelly jell when you multiply the recipe?

Pectin, which makes jelly set, is heat sensitive. This is particularly true of pectin sold for home jelly making.

If you multiply ingredients for a jelly recipe, you're asking for trouble. The mixture must cook longer than the recipe (or pectin) is designed for, and the pectin in the bottom of the pan stays hot long enough to lose its jelling properties before the top of the mixture reaches the jell point. This is why directions that come with pectin should be followed exactly.

Then how do commercial makers cook large batches? They use steam-jacketed kettles, which bring heat uniformly and quickly to all sides of the containers. ■

By Linda Lau Anusasananan



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½ cup sugar
¾ cup LAND O LAKES® Butter, softened
1 egg yolk
1 teaspoon almond extract
1 ½ cups all-purpose flour
¼ cup unsweetened cocoa

Heat oven to 375°. In large bowl combine all ingredients *except* flour and cocoa. Beat at medium speed until light and fluffy (2–3 min.). Gradually add flour and cocoa until well mixed (2–3 min.). Shape rounded teaspoonfuls as desired (1″ balls, 2″–3″ logs, balls flattened, balls with indentations, etc.) or use cookie press. Place 1″ apart on cookie sheets. Bake for 7–9 min. or until set. Cool. Decorate with melted chocolate chips, melted almond bark, nuts, colored sugars, candied fruit, candies, maraschino cherries, etc. YIELD: 3 dozen.

Easy, expandable buffet

Quick start with buy-and-serve foods

PETER CHRISTIANSEN

GUESTS HELP *themselves to lavish buffet of purchased ready-to-eat foods that are combined with easy-to-make dishes.*

THIS HOME-FOR-THE-holidays buffet menu for 10 to 12, shown on pages 80 and 81, comes together quickly and expands easily if the guest list grows. The buffet is also geared to look fresh over a period of several hours, so guests can arrive at staggered times and dine comfortably at their own pace.

All of the recipes have make-ahead steps or start with ready-to-serve ingredients that go together rapidly.

Buy-and-serve appetizers. Plan on 4 or 5 appetizer portions per person.

The key offering is **sliced smoked salmon;** for buffet serving, a 1-ounce portion is adequate, but a whole fillet looks festive, and extras can be used later. With the salmon, offer **sour cream, capers, lemon wedges,** and chopped **chives** or green onions.

Also use purchased **frozen bite-size appetizers** such as tiny tacos, individual spanakopitas, dim sum, or miniature quiches; follow package instructions to thaw or heat. You can keep several extra packages of these foods in your freezer, just in case the guest list gets bigger.

Garden vegetables. To serve 10 to 12, you need at least 2 pounds of fresh vegetables such as **small carrots with tops, baby squash, edible-pod peas, cucumbers, bell peppers,** and **cherry tomatoes;** rinse well. Leave small vegetables whole; cut larger vegetables into chunks. If making ahead, wrap in towels, enclose in plastic bags, and chill up to 48 hours.

Arrange vegetables attractively, perhaps with a just-harvested look from a basket. Nibble plain, season with **salt,** or dunk into the **curry yogurt dip** (recipe follows).

Sugar-crusted baked ham. For 10 to 12, buy at least a 5-pound portion (or half) of a **cooked, seasoned, sliced-on-the-bone ham.** Serve cold ham and **breads** (following) with a pot of **mustard** or mustards of your choice. You can also offer **chutney, prepared horseradish,** or other relishes.

Basket of assorted breads. Buy at least 10 **crusty rolls** or 30 **breadsticks,** as well as 2 **whole-grain loaves** (1 lb. each) to slice.

Marinated vegetable salad. For 10 to 12, drain 24 ounces (1 or more jars to equal this weight) **roasted red peppers.** Slice peppers and put on a platter. With a slotted spoon, lay 14 ounces (1 or more jars to equal this weight) **marinated artichoke hearts** on peppers; moisten salad with about ½ cup of the artichoke marinade, or to taste.

Curry Yogurt Dip

- 2 cups unflavored nonfat yogurt
- 2 teaspoons curry powder
- 2 teaspoons cumin seed
- 1 teaspoon pepper
- Salt

Mix yogurt, curry, cumin, pepper, and salt to taste. Pour into a small bowl and serve, or cover and chill up to 1 week. Makes 2 cups, 10 to 12 servings.

Per tablespoon: 9 cal. (10 percent from fat); 0.8 g protein; 0.1 g fat (0 g sat.); 1.2 g carbo.; 11 mg sodium; 0.3 mg chol.

Bulgur Salad

- 4 cups (about 1½ lb.) bulgur (cracked wheat)
- 5 cups boiling water
- ¾ cup balsamic vinegar (or ¾ cup red wine vinegar plus 1½ teaspoons sugar)
- 1 tablespoon grated orange peel
- 1¼ cups orange juice
- 3 tablespoons olive oil
- 1 teaspoon crushed dried hot red chilies
- Salt
- Romaine lettuce spears, rinsed and crisped
- Thin orange slices

In a large bowl, combine bulgur and boiling water. Let stand until most of the liquid is absorbed, 15 to 20 minutes. Drain.

Mix vinegar, orange peel, orange juice, oil, and chilies; mix with bulgur. Season mixture to taste with salt. (If making ahead, cover and chill up to a week.) Stir and pour into a serving bowl; garnish with romaine and orange slices. Makes 10 cups, 10 to 12 servings.

Per serving: 241 cal. (16 percent from fat); 7.2 g protein; 4.2 g fat (0.6 g sat.); 47 g carbo.; 10 mg sodium; 0 mg chol.

Christmas Rose Trifle

- 2½ cups nonfat or regular milk
- ¾ cup sugar
- 1 vanilla bean, 5 to 6 inches long, split lengthwise
- 3 tablespoons cornstarch
- 1 large egg
- 2 to 4 tablespoons rose flower water (available in specialty food and liquor stores)
- 2 cups whipping cream
- 1 pound cake (1 lb.), thawed if frozen
- 1½ cups orange juice
- ¼ cup black raspberry–flavor liqueur (optional)
- ½ cup black cherry or raspberry jam
- 2 cups raspberries, rinsed and drained
- Sweetened whipped cream (optional)
- Candied rose petals or fresh rose petals (free of pesticides and herbicides), rinsed and drained

In a 2- to 3-quart pan over medium heat, combine 2¼ cups milk, sugar, and vanilla bean. Stir often until milk is steaming, 5 to 8 minutes. Remove milk from heat and let stand 20 minutes. Holding an end of the vanilla bean, use the tip of a small knife to scrape the tiny seeds into milk. Rinse vanilla bean and let dry thoroughly; store airtight to reuse.

Smoothly mix remaining milk and cornstarch; add egg and beat to blend. Pour into warm milk. Stir over medium-high heat until sauce bubbles, about 5 minutes. Let cool, then chill, covered, until cold, about 2 hours; to speed chilling, set pan in ice water and stir often. Add rose water to taste to cold sauce.

Whip the 2 cups cream until soft peaks form. Fold cream into sauce, blending

gently. Cover and chill until needed to assemble trifle.

Cut cake into ¼-inch slices. Line bottom of a 3½- to 4-quart bowl (glass, to show off filling) with ⅓ of cake slices, overlapping if necessary. Mix orange juice and liqueur. Spoon ⅓ of the liquid evenly over cake. Spread cake gently with ⅓ of the jam, sprinkle with ⅓ of the raspberries, and pour in ⅓ of the whipped cream mixture. Repeat to make 2 more layers.

Cover trifle and chill at least 4 hours or no more than 2 days before serving (up to 1 week after assembling, any extra trifle will taste fine but look tired). If desired, garnish with additional whipped cream and rose petals. Makes 10 to 12 servings.

Per serving: 437 cal. (49 percent from fat); 5.7 g protein; 24 g fat (11 g sat.); 51 g carbo.; 89 mg sodium; 119 mg chol.

Hot Cider Bar

Offer a selection of spirits for guests to add to cups.

- 1 pound lady apples or other tiny apples, rinsed
- 1 tablespoon whole cloves
- 5 quarts apple cider or juice
- About 15 cinnamon sticks, each about 3 inches long
- 3 strips (each about 10 in.) lemon peel, yellow part only, cut with a vegetable peeler
- Orange-flavor liqueur, bourbon, brandy, rum, or cognac (optional)

Stud apples with cloves. In an 8- to 10-quart pan, combine apples, cider, 5 cinnamon sticks, and peel. Cover and bring to steaming over high heat, about 20 minutes. Keep cider warm on very low heat. Ladle cider into cups, adding a cinnamon stick to each. Add liqueur to taste, if desired. Makes 20 cups, 10 to 12 servings.

Per cup without alcohol: 110 cal. (2.5 percent from fat); 0.2 g protein; 0.3 g fat (0.1 g sat.); 27 g carbo.; 7 mg sodium; 0 mg chol. ■

By Linda Lau Anusasananan, Betsy Reynolds Bateson, Elaine Johnson, Christine B. Weber

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PETER CHRISTIANSEN

CRANBERRIES *give mild rice vinegar a snap that celebrates salads.*

Very berry, very red vinegar

CLEAR VINEGAR BOILED WITH cranberries turns bright red and absorbs the fruit's flavor. The blend makes attractive holiday gifts in decorative bottles.

Splash the vinegar over salad greens, orange slices, raw or cooked red cabbage, and turkey salad.

Cranberry Vinegar

2 cups fresh or frozen cranberries, rinsed

3 cups rice vinegar

About 3 tablespoons sugar

In a 2- to 3-quart pan on high heat, bring to boiling cranberries, vinegar, and 3 tablespoons sugar. Simmer, covered, until cranberries pop and are soft, about 5 minutes. Add more sugar to taste, if desired. Let stand until cool. Pour vinegar through a fine strainer into a container with a pouring lip; discard residue. Pour vinegar into decorative bottles, using a funnel if necks are narrow. Seal with lids.

Use, or store at room temperature up to 4 months. If an opaque film develops on surface, spoon it off or, to preserve clarity of vinegar, pour vinegar through a fine strainer into a 2- to 3-quart pan and bring to boiling. Wash bottle, then refill with vinegar. Store as before. Makes about 3 cups.

Per tablespoon: 7.4 cal.; 0 g protein; 0 g fat; 1.9 g carbo.; 2.5 mg sodium; 0 mg chol. ■

By Linda Lau Anusasananan

Just how advanced are Krups coffee makers? This one, for example, has a pulse.

Wake up. Get out of bed. Drag a comb across your head. hat's about as advanced as ost of us get first thing in e morning.

That is, unless you own a ups. Krups coffee makers e known for reliability and quisite design. And feature ups exclusive "Deep Brew" chnology.

eeply Satisfying

First, water is ated to the eal tempera- re. Then it's lsed through e ground coffee precisely timed tervals, blending the o until all the coffee is the peak of rich, robust vor.

Krups Aroma Savor System

Meanwhile, another Krups novation is at work—the ouble Wall Filter Holder. ngineered to prevent heat ss during brewing, this tra, outer wall reflects back e heat that escapes from dinary coffee makers.

Aroma, the soul of coffee

Ever stuck your nose in a n of fresh coffee, just for the nell of it? Krups coffee makers geniously lock in coffee's esh flavor and aroma with the ique Aroma Savor System.™ *

As the last drop of coffee ws into the carafe, an "Aroma eal" is formed over the lid's nter hole, preventing evapo- ion and exposure to oxygen. mediately after the first cup is poured, another seal is formed, this time over the pouring spout. In short, your

last cup has as much flavor and aroma as the first.

Available on Krups "Plus Series" machines

Krups "Stop 'N Serve"* feature lets you interrupt brewing at any time to pour yourself a cup. The control panel lets you program "Wake-Up"* coffee up to 24 hours in advance (when it comes on, Krups "Quiet Brew" System means you'll barely know it). Krups electronically controlled brewing cycles lets you brew 1-3 cups as rich and aromatic as a full pot.

* Not available on all machines.

Krups coffee makers are available from $25 to $135. At fine department and specialty stores.

All Krups coffee makers feature Krups "Deep Brew" System, which pulses water through the coffee at precisely timed intervals, coaxing out the beans' rich, volatile spirit.

KRUPS

QUALITY... BY DESIGN

FESTIVE TOUCHES *for holiday sweets include icing and colored sugars, cocoa, hazelnuts, and glazed nuts.*
NORMAN A. PLATE

A sweet trio of holiday cookies and truffles

NUT-TOPPED BUTTER cookie triangles, iced ginger cookies, and creamy hazelnut truffles are sweets to suit holiday merrymaking.

Nut Mosaic Triangles

- 1¾ cups all-purpose flour
- ¾ cup sugar
- 2 teaspoons baking powder
- 1 cup (½ lb.) butter or margarine
- 2 large eggs
- 3 tablespoons honey
- 1 cup sliced almonds
- ½ cup shelled pistachios
- 1 teaspoon almond extract

In a food processor or bowl, mix flour, ½ cup sugar, and baking powder. Whirl or rub in ½ cup butter until fine crumbs form. Add eggs; whirl or stir until dough holds together. With floured fingers, press dough evenly in bottom of a buttered rimmed 10- by 15-inch pan.

Stir honey and remaining sugar and butter in a 1- to 2-quart pan over medium-high heat until bubbling. Add almonds, pistachios, and extract. Spoon over dough.

Bake in a 350° oven until topping is deep gold, 18 to 20 minutes. Let cool in pan. Cut into 3-inch triangles (plus a few small pieces). Serve, store airtight up to 2 days, or freeze. Makes about 35.

Per cookie: 122 cal. (58 percent from fat); 1.9 g protein; 7.9 g fat (3.6 g sat.); 12 g carbo.; 82 mg sodium; 26 mg chol.

Christmas Gingersnaps

- ¾ cup (⅜ lb.) butter or margarine
- About 1 cup granulated sugar
- ½ cup dark molasses
- 1 large egg
- 1 tablespoon ground ginger
- 2 teaspoons ground cinnamon
- 1½ teaspoons baking soda
- ¼ teaspoon *each* ground allspice, ground nutmeg, ground cloves
- 2½ cups all-purpose flour
- Icing (recipe follows)
- ¼ cup colored sugar

In a food processor or bowl, whirl or beat butter, 1 cup granulated sugar, and molasses until smoothly mixed. Add egg, ginger, cinnamon, soda, allspice, nutmeg, and cloves; whirl or beat to blend. Thoroughly mix in flour.

Shape dough into 1-inch balls and set about 2 inches apart on buttered 12- by 15-inch baking sheets. With a flat-bottomed glass dipped in granulated sugar, press cookies to ½ inch thick. Bake in a 375° oven until a cookie springs back when gently pressed in center, about 12 minutes.

Transfer cookies to racks to cool. Spread with icing and sprinkle decoratively with colored sugar; let stand until icing hardens. Serve, store airtight up to 3 days, or freeze. Makes about 45.

Per cookie: 104 cal. (28 percent from fat); 0.9 g protein; 3.2 g fat (1.9 g sat.); 18 g carbo.; 64 mg sodium; 13 mg chol.

Icing. Stir 2 cups **powdered sugar** and 3 tablespoons **water** until smooth.

Hazelnut Truffles

- 26 shelled hazelnuts
- 12 ounces bittersweet or semisweet chocolate, chopped
- ½ cup whipping cream
- ¼ cup hazelnut- or chocolate-flavor liqueur
- ¼ cup unsweetened cocoa

Place hazelnuts in an 8- to 9-inch-wide pan. Bake in a 350° oven until nuts are golden under skins, 10 to 12 minutes. If desired, rub nuts in a towel to remove most of the skins; lift off towel. Let cool.

In a 2- to 3-quart pan, stir chocolate and cream often over low heat until smoothly melted, 6 to 7 minutes. Stir in liqueur. Let cool, then chill until firm enough to shape, about 1½ hours.

Shape chocolate mixture into 1¼-inch balls; roll in cocoa to coat. Press a nut into each ball. If desired, place in small decorative paper cups. Serve, or chill airtight up to a week. Makes 26.

Per truffle: 95 cal. (74 percent from fat); 1.4 g protein; 7.9 g fat (4.1 g sat.); 7.6 g carbo.; 2.2 mg sodium; 6.3 mg chol. ■

By Elaine Johnson

Spice up dessert. Cut down fat.

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2-3/4 c. unsifted all-purpose flour
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2-1/2 tsp. baking soda
1-1/4 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. allspice
1 tsp. salt
1/4 tsp. cloves
1-3/4 c. applesauce
1-1/4 c. Dannon® Plain Nonfat Yogurt
1/2 c. cholesterol-free egg substitute
1/3 c. vegetable oil
1 c. raisins
Quick Yogurt Glaze (recipe follows)

In a large bowl, thoroughly combine flour, sugar, baking soda, baking powder, cinnamon, allspice, salt and cloves. Add applesauce, yogurt, egg substitute and oil; blend well using spoon. Stir in raisins. Pour into greased and floured 12-cup Bundt™ or 13" x 9" pan. Bake at 325°F for 50 to 60 minutes or until toothpick inserted in center comes out clean. Cool 15 minutes. Loosen cake from sides of pan with knife. Invert onto plate. Cover loosely with foil or wax paper. Cool completely. Slice and serve with Quick Yogurt Glaze. 24 servings.

Quick Yogurt Glaze: In small bowl combine 1-1/2 c. Dannon Plain Nonfat Yogurt, 3 tbsp. packed light brown sugar and 1 tsp. vanilla extract. Beat with fork or wire whisk until smooth.

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He wouldn't dare leave out the insouciance

But Martin Le Masters decides to lower the fat in his version of jambalaya

CAJUN CUISINE PAYS little attention to the number of ingredients it employs and none at all to calorie count. This insouciance is nowhere better displayed than in jambalaya, which might be described as the condemned prisoner's last meal-in-a-pot. Martin Le Masters, who learned to make jambalaya from his chef father, continues to use all of the spices, vegetables, and aromatics of the original stew, but he has substituted lower-fat bacon, ham, and sausage made from turkey for the regular bacon, ham, and andouille sausage. The turkey products are remarkably similar to the originals, and in a spicy dish such as this no one is likely to notice the switch.

Of course, you can use the original meats at the cost of a higher fat content. However, if cholesterol rather than fat is your concern, note that oysters and shrimp, though low in fat, are both high in cholesterol.

Easy-on-your-heart Jambalaya

- 1 large (about ½ lb.) onion, chopped
- 1 medium-size (6- or 7-oz.) green bell pepper, stemmed, seeded, and chopped
- ¼ cup diced celery
- 1 teaspoon minced or pressed garlic
- ¼ pound turkey sausage, thinly sliced
- 2 slices turkey bacon, diced
- ¼ pound turkey ham, cut into ½-inch cubes
- 1 dried bay leaf
- ¼ teaspoon cayenne
- ½ teaspoon *each* dried thyme leaves, dried basil leaves, and pepper
- ¼ cup chopped parsley
- 1 cup long-grain white rice
- 1 can (1 lb.) cut-up tomatoes
- 3 cups regular-strength chicken broth
- 1 jar (10 oz.) shucked fresh small Pacific oysters
- 1 pound medium-size (45 to 50) shrimp, shelled and deveined
- Salt

In a 5- to 6-quart pan over high heat, combine onion, bell pepper, celery, garlic, and ½ cup water. Stir often until moisture evaporates and vegetables begin to stick to pan, about 10 minutes. Stir free with 2 tablespoons water. Add turkey sausage, bacon, and ham; stir often until mixture begins to brown, 8 to 10 minutes.

Stir in bay leaf, cayenne, thyme, basil, pepper, parsley, rice, tomatoes and their liquid, broth, and juices drained from oysters. Bring to a boil over high heat; cover and simmer until rice is tender to bite, 30 to 40 minutes. Stir occasionally.

Add shrimp and oysters (cut in half if large) and cook, uncovered, just until shrimp turn pink, about 8 minutes; stir often. Season to taste with salt. Makes 8 servings.

Per serving: 249 cal. (20 percent from fat); 21 g protein; 5.4 g fat (1.5 g sat.); 28 g carbo.; 502 mg sodium; 111 mg chol.

Martin Le Masters

Concord, California

THE BLACK SWAN WAS once thought to be an impossibility (it was the original *rara avis*, or rare bird, of poetry and folk wisdom), but the

"WHO WILL DEVISE *a chocolate cookie with white chips?*"

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discovery of Australia led also to the discovery of real black swans.

The moral of this tale is that the world is an unending source of marvels. One of these is a white white-chocolate chip cookie invented by Gerry Cutler. Unable to obtain the recipe from the proprietor of a Washington coffee shop, Cutler produced this superior version by research, experimentation, and the use of a fine palate.

White chocolate is not chocolate that has been bleached. It is a blend of essentially colorless cocoa butter (separated from chocolate), sugar, and flavorings. It is milder in flavor than regular chocolate. Now who will devise a chocolate cookie with white chocolate chips?

White White Chocolate Cookies

- 1¼ cups all-purpose flour
- 3 tablespoons cornstarch
- ¼ cup sugar
- 1 teaspoon baking powder
- ½ cup (¼ lb.) butter or margarine, cut into chunks
- ¼ cup coarsely chopped almonds
- 2 tablespoons unsweetened dried flaked coconut
- ½ cup coarsely chopped white chocolate
- ¼ cup milk

In a food processor or bowl, mix flour, cornstarch, sugar, and baking powder. Add butter; whirl or rub with your fingers to form fine crumbs. Stir in almonds, coconut, and chocolate. Then add milk and stir until mixture is moistened.

With floured hands, roll dough into 1½-inch balls. Place balls 2 inches apart on ungreased 12- by 15-inch baking sheets. Press each ball to ⅜-inch thick.

Bake in a 300° oven until cookies are a rich golden brown, about 35 minutes. If using 1 oven, alternate pan positions after 15 minutes. Transfer cookies to racks; serve warm or cool. To store, seal airtight and hold at room temperature up to a day; freeze to store longer. Makes about 2 dozen.

Per cookie: 101 cal. (53 percent from fat); 1.3 g protein; 5.9 g fat (2.7 g sat.); 11 g carbo.; 61 mg sodium; 11 mg chol.

Gerry Cutler

Redmond, Washington

By Richard Dunmire, Joan Griffiths

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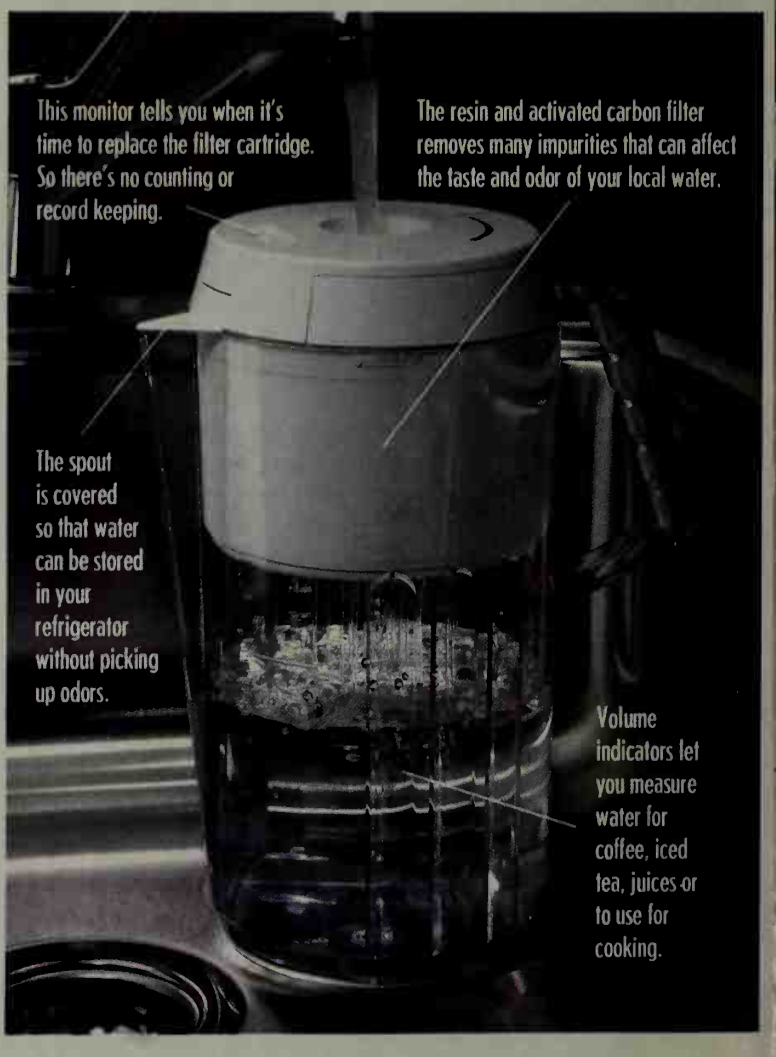
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8 TO 12 LBS.	2
12 TO 20 LBS.	3

1. For each package, stir contents of vegetable/seasoning packet, 1-1/2 cups hot water, and 1/4 cup margarine in large bowl.
2. Stir in stuffing crumbs. DO NOT STUFF BIRD UNTIL READY TO ROAST.
3. Rinse bird; pat dry. Stuff lightly with prepared stuffing; close openings with skewers. Roast as directed on poultry wrapper.

*For each canister, stir stuffing mix into 1-3/4 cups hot water and 1/4 cup margarine. Continue as directed in step 3.

(Recipe also on package/canister.)

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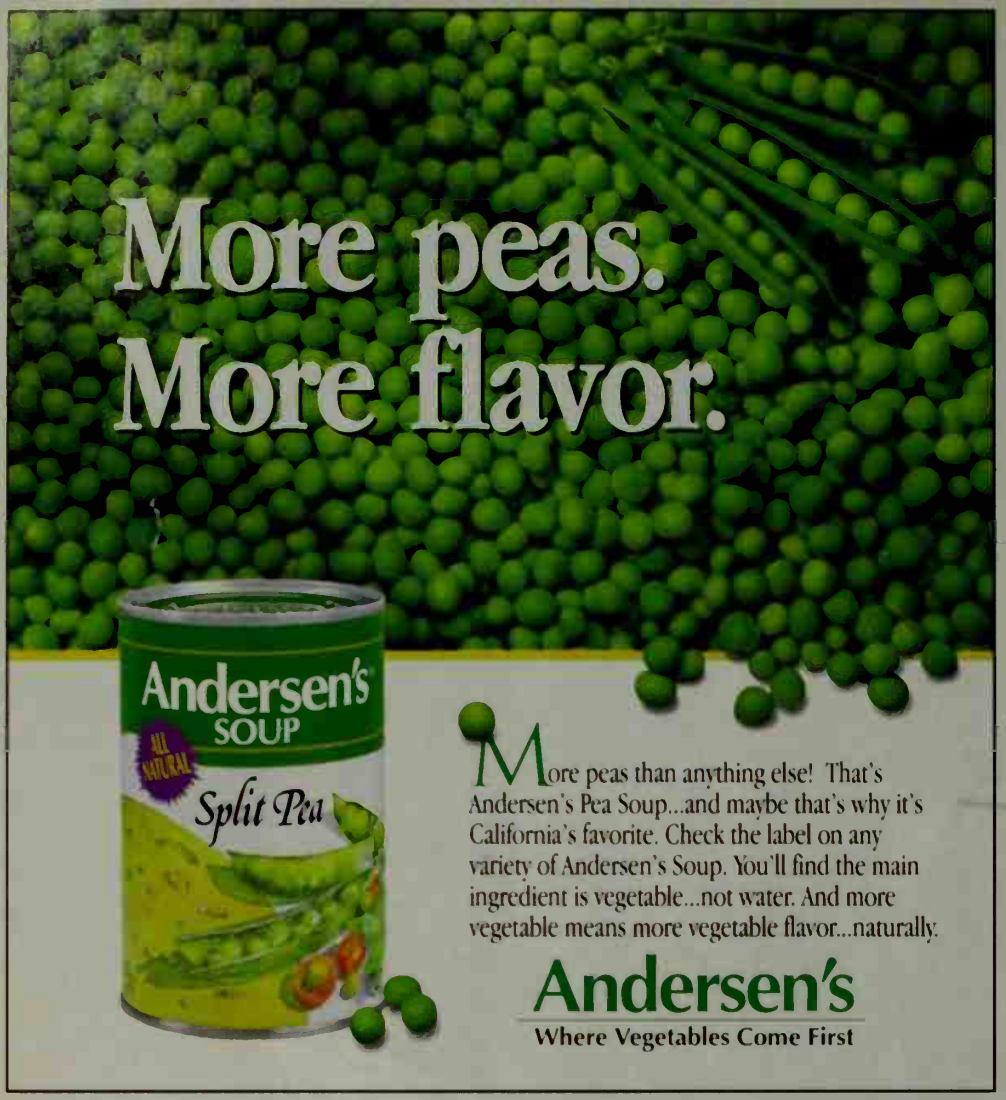
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PETER CHRISTIANSEN

CHILI CHIPS' *heat demands cold contrast—icy beer or fruit juice.*

Hot, tart, salty snacking

CRISP RINGS OF FRIED PICKLED jalapeño chilies tingle palates with their zippy sour-hot flavor.

Because they start as purchased pickled chilies, they're easy to make. Just drain, dust with flour, and fry. They taste best freshly cooked but can be made ahead and reheated.

Crisp Chili Rings

1 jar (16 oz.) sliced jalapeño chili rings, drained

About ½ cup all-purpose flour

Salad oil

Rinse and drain chili rings; pat dry. Pour flour into a bag. Add about half of the chili rings and shake to coat evenly with flour.

In a deep 2- to 3-quart pan, bring 1 inch oil to 300°. Shake excess flour from chilies and add them to oil. Stir often until light gold and crisp, 6 to 8 minutes. Regulate heat to maintain oil at 300°.

With a slotted spoon, lift out chilies and drain on towels. Repeat to cook remaining chilies. Serve warm or cool. Or, when chilies are cool, package airtight and chill up to 3 days. To reheat, spread in a single layer in a 10- by 15-inch pan and bake in a 350° oven until warm and crisp, 3 to 4 minutes. Makes about 1½ cups.

Per ¼ cup: 136 cal. (64 percent from fat); 1.7 g protein; 9.6 g fat (1.2 g sat.); 12 g carbo.; 1,106 mg sodium; 0 mg chol. ■

By Linda Lau Anusasananan

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It looks like a lumpy apple

RESEMBLING A LUMPY, sometimes fuzzy golden apple, quince doesn't convey its merits overtly. Raw quince is tough, dry-tasting, and generally unappealing. But cooking transforms this fruit. It becomes tender, aromatic, and slightly bittersweet—provocative with meats and grand in desserts. Usually, the pale yellow quince flesh shifts to a slightly golden color as it cooks, but occasionally it develops a rosy hue.

Here we pair quince with lamb stew in a hearty entrée; for dessert, quince bakes in a pie with a streusel topping.

Lamb Stew with Caramelized Quince

- 2 tablespoons butter or margarine
- ¼ cup sugar
- 5 large (about 3-in.-diameter, 2½ lb. total) quinces, peeled, cored, and cut into ¾-inch wedges
- 2½ pounds boned lamb shoulder, fat trimmed, cut into 1½-inch chunks
- 2 large (about 1¼ lb. total) onions, chopped
- 3 cups regular-strength beef broth
- ¼ cup minced fresh cilantro (coriander)
- 3 tablespoons honey
- 2 tablespoons minced fresh ginger
- 1 teaspoon ground cinnamon
- ¼ teaspoon cayenne
- 1 tablespoon cornstarch mixed with ¼ cup water
- 3 to 4 cups hot cooked couscous or rice
- Cilantro sprigs

In a 5- to 6-quart pan, melt butter and sugar over medium-high heat; add quinces. Turn fruit often until richly browned, about 15 minutes; remove slices as browned. Put quinces in a 9- by 13-inch pan. Cover the pan tightly with foil. If making ahead, chill up to a day.

To the 5- to 6-quart pan, add lamb and onions. Cover and cook over high heat until mixture is juicy, about 5 minutes. Uncover; stir often until liquid evaporates and browned bits form in pan. Add ¼ cup broth and scrape browned bits free. Boil until liquid evaporates and browned bits form again. Add another ¼ cup broth; repeat step.

When liquid evaporates, stir in remaining broth, minced cilantro, honey, ginger, cinnamon, and cayenne. Bring to a boil over high heat. Cover; simmer until meat is very tender when pierced, about 1½ hours. (If making ahead, cool, cover, and chill up to a day. To continue, stir over medium heat until simmering.)

Meanwhile, place covered quinces in a 300° oven until hot to touch, about 20 minutes (about 25 minutes if chilled). With a slotted spoon, lift meat from pan. Skim and discard fat from broth. On high heat, stir in cornstarch; stir until broth boils. Return meat and any juices to pan.

On a platter, mound couscous and spoon stew onto it. Arrange quinces around stew; garnish with cilantro sprigs. Serves 6 to 8.—*Florence Goguely, Menlo Park, California*

Per serving: 440 cal. (26 percent from fat); 32 g protein; 13 g fat (5.3 g sat.); 50 g carbo.; 141 mg sodium; 101 mg chol.

Quince Streusel Pie

- 5 large (about 3-in.-diameter, 2½ lb. total) quinces, peeled, cored, and thinly sliced
- 1 tablespoon grated orange peel
- 1¼ cups orange juice
- ½ cup raisins
- 2 tablespoons cornstarch
- 1 unbaked single-crust 9-inch pie shell
- Streusel (recipe follows)

In a bowl, mix quinces with orange peel, orange juice, raisins, and cornstarch. Pour into pie shell. Top fruit mixture with streusel. Bake in a 375° oven until juices bubble and quinces are tender when pierced, 50 to 55 minutes; if streusel darkens, drape with foil. Serve warm or cool. Serves 8 or 9.

Per serving: 328 cal. (41 percent from fat); 2.8 g protein; 15 g fat (5.2 g sat.); 49 g carbo.; 185 mg sodium; 14 mg chol.

Streusel. In a bowl, combine ⅓ cup **all-purpose flour,** ½ cup firmly packed **brown sugar,** ⅓ cup chopped **pecans** or walnuts, ¼ cup (⅛ lb.) **butter** or margarine, and 1 teaspoon **ground cinnamon.** With a pastry blender or your fingers, cut or rub mixture until coarse crumbs form. Squeeze to form into lumps, then break apart. ■

By Christine B. Weber

DIRECTORIES

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Welcome to Sunset's Directory Pages—your guide to travel throughout the West and beyond, to schools and camps for all ages, and everything for your home and garden.

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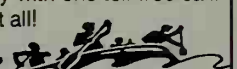

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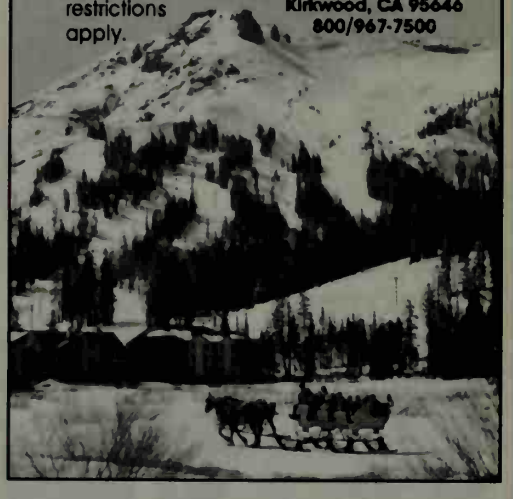

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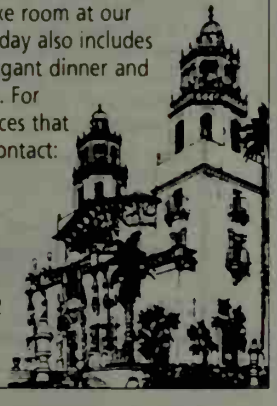

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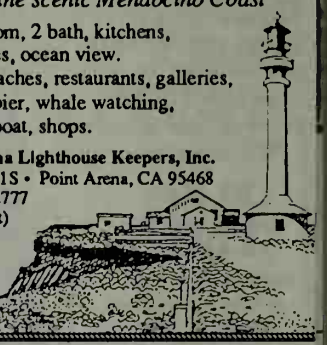

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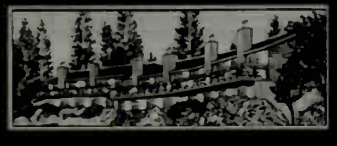

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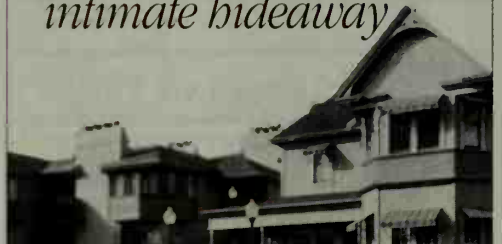

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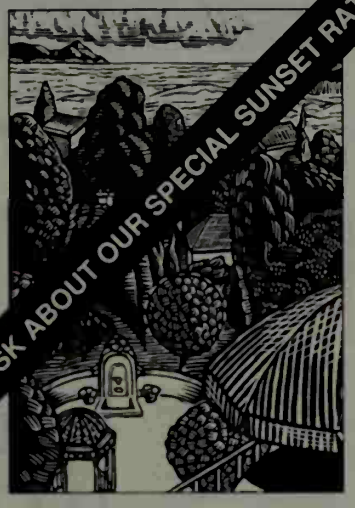

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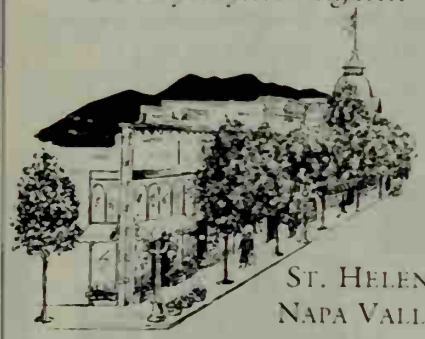

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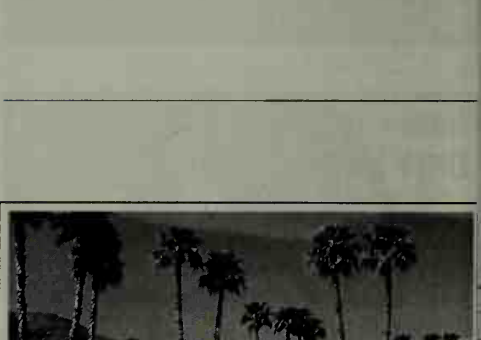

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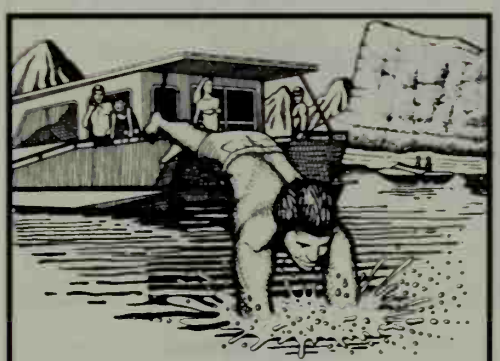

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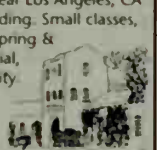

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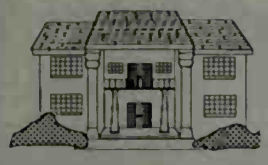

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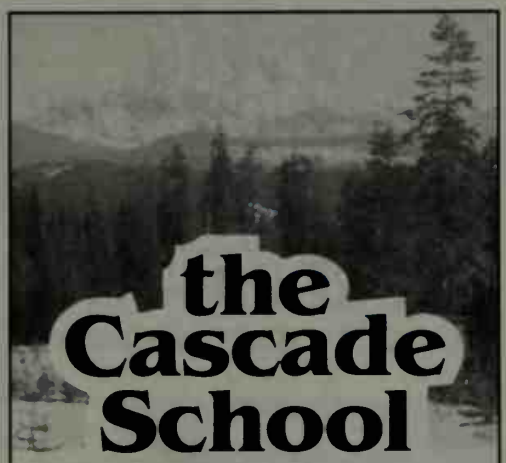

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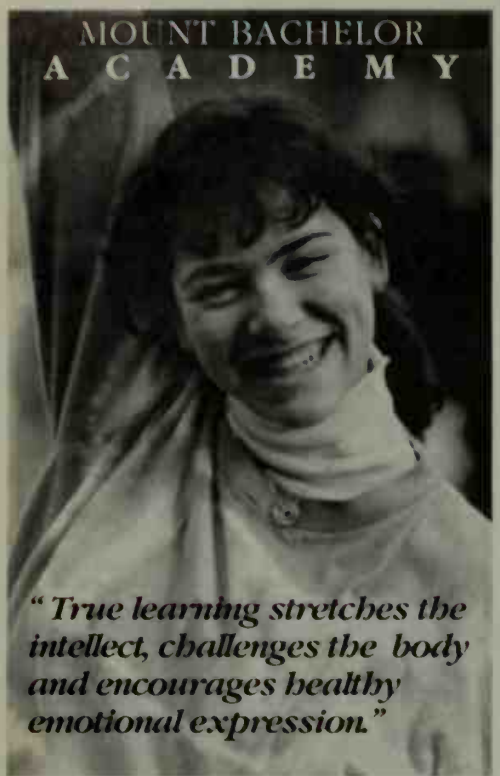

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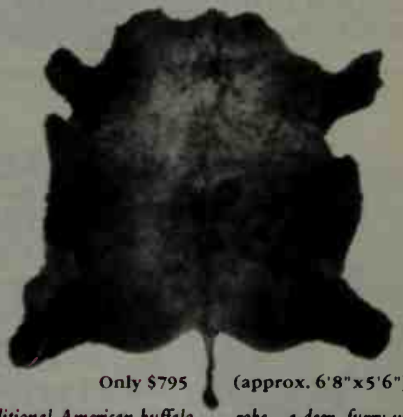

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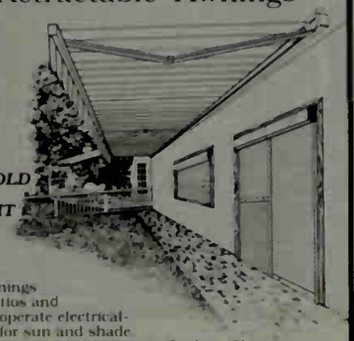

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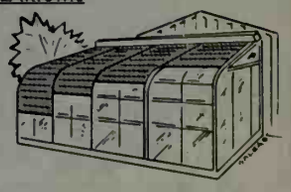

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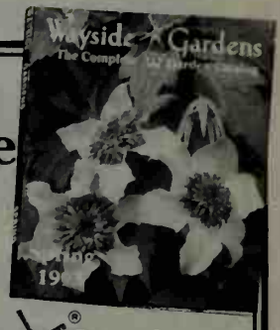

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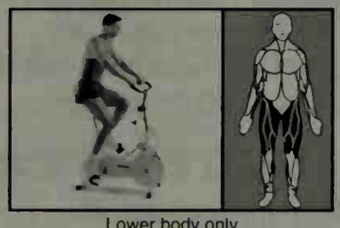

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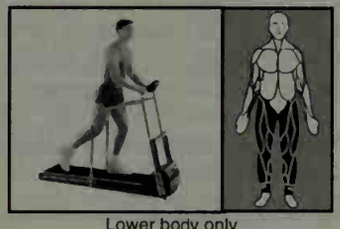

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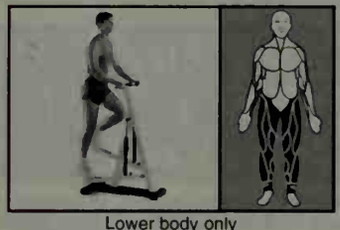

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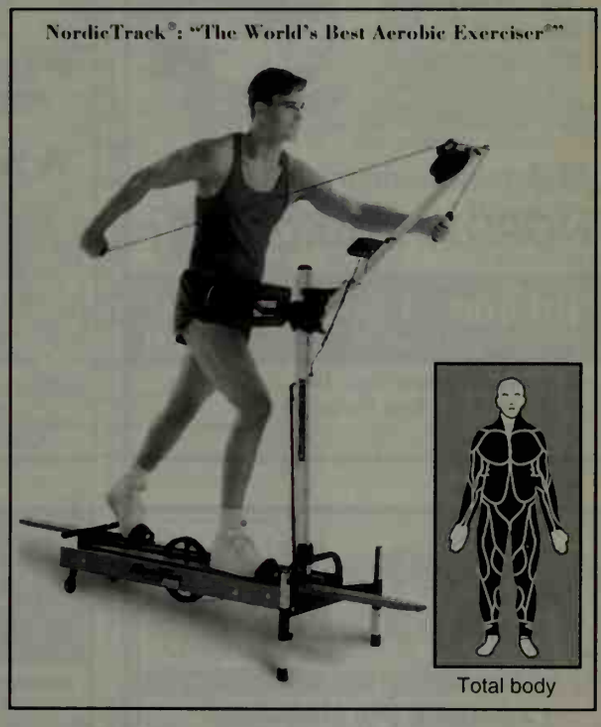

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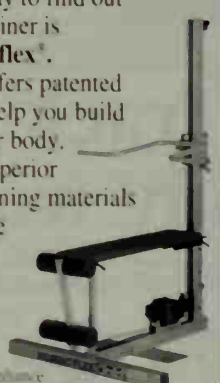

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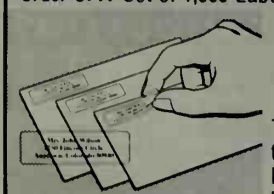

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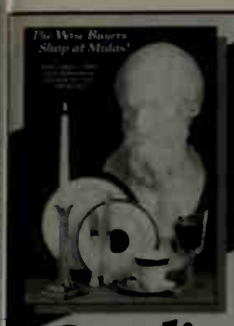

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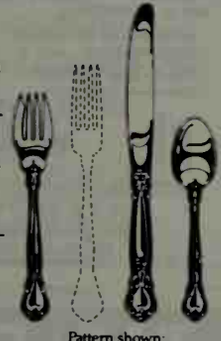

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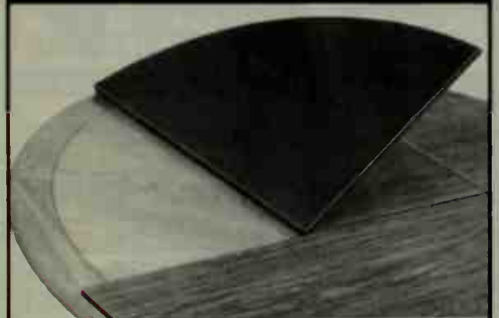

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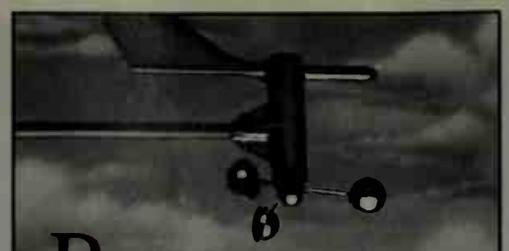

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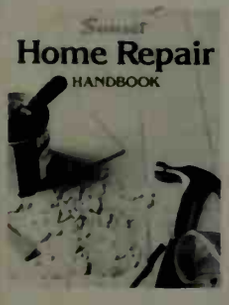

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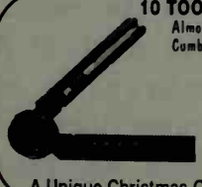

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